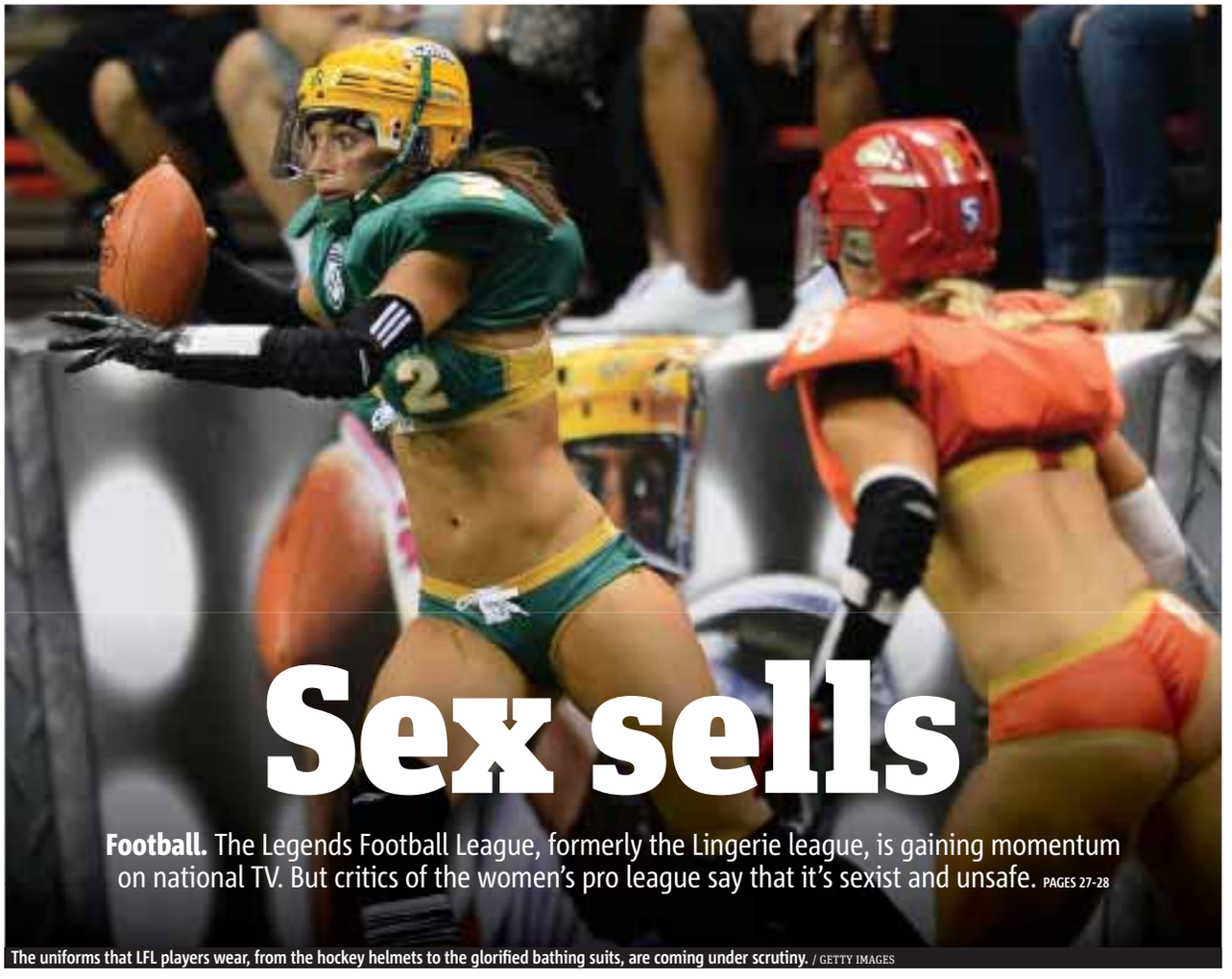
CAITLYN JENNER'S BIG TELEVISION DEBUT

THE BIGGEST SURPRISES FROM LAST NIGHT'S PREMIERE. PAGE 17

metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Monday, July 27, 2015 **www.metro.us | t: MetroNewYork | f: MetroNewYork**



Sex sells

Football. The Legends Football League, formerly the Lingerie league, is gaining momentum on national TV. But critics of the women's pro league say that it's sexist and unsafe. PAGES 27-28

The uniforms that LFL players wear, from the hockey helmets to the glorified bathing suits, are coming under scrutiny. / GETTY IMAGES

New York celebrates ADA's 25th anniversary

PAGE 04

Host Chris Harrison on if his show went too far

PAGE 18

This will inspire you to go back to school

PAGES 24-25

BRAMSON ORT COLLEGE EOE / AA

www.bramsonort.edu

CALL TODAY! (866) 644-2925 • Degree & Certificate Programs

Queens • Brooklyn

OPEN HOUSE

Wednesday, July 29th & Sunday, August 2nd

Queens Campus
69-30 Austin Street, Forest Hills

Brooklyn Ext. Center
8109 Bay Parkway, Brooklyn

The Bramson ORT Programs Gainful Employment Disclosures are posted on www.BramsonORT.edu/Disclosures

1 NEWS

Top 3

The best of Metro.us

1 Work begins in Village on Bea Arthur Residence for LGBT homeless youth

2 Here's an STD map of your city: Philly is the fourth-most diseased

3 Occupy Summer School teaches teens how to stage a protest

On the go

Love getting your news fix with Metro? We know you do. Get more of the news, columns, reviews and games you love with Metro's digital newsletter. Sign up today at Metro.us/newsletters.

Inside Urban Mudder, Tough Mudder's NYC counterpart

We tried it. Metro takes you inside the obstacle course challenge with a first-person look at the event.

The only Urban I am is Outfitters — until I decided to challenge myself to Urban Mudder.

Urban Mudder, billed as the cousin event of "Tough Mudder," is a 5-mile obstacle course in which participants run, climb, lift and sweat their way to success. This was the first time the event was being held. All obstacles are city-themed, such as Rooftop Series, where you jump between two makeshift roofs like in the movies, and Second Avenue Subway, where you give someone a piggy back ride — since subway transportation is never reliable.

I had never participated in any event remotely close to this, so of course I was scared out of my mind. Upon entering the camp there was a welcoming feeling: Young, old, tattooed, hipster beard or not, all excitedly chatted with one another about the upcoming obstacles.

Most were in teams with homemade matching shirts, like #chuglife. Christin Melone, Courtney Melone, Lisette Sanchez, Victor Faustino and James A. Walters all work together in a surgery center, most knowing each other for the past three years.

"It's our first time; we're virgins," Sanchez said. "I'm so excited!"

Some participants had no group but relied solely on their training, such as Melissa Kojic.

"I've been training since October," said Kojic. "It's so much fun! It's really inspirational when you finish."

Quoted

"I've been training since October. It's so much fun; it's really inspirational when you finish."
Melissa Kojic

I ate four cheese danishes the day before. So, you know, I prepared equally well.

Kojic's sister, Yvette Kojic, didn't join the festivities but looked on from the sideline, rooting her sister on as many others did.

Oh, how people did cheer and scream — just like that Shia LaBeouf video, people were told to "Just do it!" in the most supportive way possible. I tried to remember those words as I drowned in my own sweat, running to the first obstacle.

When I had finally gained momentum, i.e., I stopped breathing like I swallowed pool water, I was stopped. The first obstacle had a wait. While this killed my energy, luckily there was a DJ playing old '90s hip-hop that helped keep me entertained.

I got to the beginning of the line and couldn't even start Head Rush, an obstacle where you cross water while putting your hands on one bar and feet on the other. In my defense, I was too short. My complete and utter lack of coordination didn't thwart me that time.

The other obstacles had me cursing for sweet relief, but when I completed them I felt euphoric. I tiptoed past laser fields, climbed up and over giant balloons (about 15 feet in diameter) and squeezed through a tiny space between two brick walls — also known as the spatial area of your average city apartment.

The sense of community at Urban Mudder made the experience much more than a glorified gym routine. Sunburned beyond relief but with a congratulatory Urban Mudder sweatband on my hair, I went to get my complimentary beer (sweet, sweet beer). I ran into the Kojic sisters again.

"You made it!" said Melissa, giving me a hug. I knew none of these people before the event yet the satisfaction of seeing every one of them post-finish line was immense.

"I can't believe it," I said, clinging to my drink for dear life. "I think want to do it again."

YALDA MOSTAJEARN
@MetroNewYork
letters@metro.us

Reporter Yalda Mostajearn, left, and participant Rialda Zukic. At right are people on the "Head Rush" in "Urban Mudder," an obstacle course on Randall's Island. / PROVIDED; MILES DIXON, METRO

Corruption. State Sens. Sampson and Libous convicted after federal corruption sweep

Two powerful Albany politicians were convicted last week, the latest sign that federal prosecutors' vows to clean up corruption in New York state's capital continues apace.

On Friday, John Sampson, a Democrat who has represented southeastern Brooklyn for nearly two decades, was found guilty of lying to FBI agents who were investigating him for embezzlement. He was acquitted of six other counts.

A federal jury in Brooklyn nailed him on one count of obstruction of justice and two counts of making false statements, including lying about a secret stake he held in a liquor store.

Defense Attorney Nathaniel Akerman vowed an appeal.

The other politician sacked this week was Republican Sen. Thomas Libous of Binghamton, who was the senate's second-ranking Republican.

JOHN A. OSWALD

Sampson / NYSENATE.GOV

R line closures

Overnight shutdowns

The MTA will shut down R service overnight starting July 27 for four consecutive nights and again next week, Aug. 3-7. The R train will not stop at stations between 95th Street in Bay Ridge and 36th Street in Sunset Park between 10 p.m. and 5 a.m. those nights.
METRO

CIRCLE MANHATTAN TRAFFIC FREE

BIKE MS NEW YORK CITY » OCTOBER 4, 2015

REGISTER TODAY » BIKEMSNYC.ORG

THANK YOU TO OUR SPONSORS

BARCLAYS · Bloomberg · pwc · ms one to one · genzyme A SANOFI COMPANY · abc · metro · PRIMAL · Q104.3

Crowd celebrates 25th anniversary of ADA

ADA. The act promotes rights for the disabled.

Sunday marked the 25th anniversary of the Americans with Disabilities Act, or ADA, a piece of landmark legislation that cemented equality for people with disabilities as a right, prohibiting discrimination based on disability and requiring employers and public places to make accommodations for those with disabilities.

In Chinatown on Mott Street, disability rights organizations, health centers, arts groups and public officials gathered in a public fair to celebrate the anniversary and promote access and equality.

"There was a time when you would wait for the bus and the bus driver wouldn't stop for you," said Samson Delgado, 28, from Wheeling Forward, an organization that helps those with disabilities connect to fitness programs and education, and adjust to life outside nursing homes.

Delgado himself uses a powered chair.

"There were places that weren't accessible and you were forced to not be able to get in, or to go in the back door," he said.

He said that despite the passing of ADA, there is still lots of progress to be made in making all places accessible. **JULIA SHU**

Citizens with disabilities listen to speakers at the NYC ADA 25th anniversary birthday party in Chinatown / BILLY BECERRA, METRO

NOW is the time
to take care of YOUR BODY!
Varicose Veins
Leg Ulcers
Spider Veins
Pain/Burning
Restlessness
Heaviness
Swelling
Itching
Fatigue
Cramping
Frustrated with previous treatments, services and poor results?
Trust the doctor that cares about you!
Tired of long diets, juice cleanses & lotions?
Smart Lipo Laser Body Countouring
GET RID OF...
Body Fat
Sagging Arms
Double Chin
Cellulite & more
Personal & discrete care delivered directly Ronald Lev, MD
Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
No downtime
15 minute minimally invasive procedures
Consistently ranked #1 Vein Doctor in NYC by our patients
ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN
TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM
212.204.6501
111 John St, Ste 1450 (bet Cliff & Pearl St), New York, NY 10038
EVENING APPOINTMENTS AVAILABLE!
¡Hablamos Español!
Most Vein Treatments Covered by Major Health Insurances including Medicare

Astoria. Episcopal priest quits wife, marries man in LA

Quevedo-Bosch / FACEBOOK

An unexpected change at the Church of the Redeemer in Astoria came when the rector left his wife and remarried, this time to a younger man, according to a published report.

The Rev. Juan Andres Quevedo-Bosch, 59, the Episcopal archdeacon of Queens, announced his decision on Facebook when he got married in a Los Angeles church, the New York Post reported.

He posted a beach photo with the caption, "I'm in Miami Beach with my new husband."

Church members told the Post that Quevedo-Bosch came out as gay a month ago, and that the announcement has caused divisions within the church.

"I am aware that there have been concerns regarding my divorce and subsequent remarriage, and have been in touch with my bishop and my congregation about them," Quevedo-Bosch told the Post.

A petition to urge Quevedo-Bosch to stay at the Church of the Redeemer after he offered to resign as rector circulated among members.

"Most of the people aren't coming anymore," said a woman who signed the petition. "Because he's homosexual, people have stopped coming."

Bishop Larry Provenzano, the head of the Long Island diocese including Queens, told the Post he was in contact with Quevedo-Bosch about his divorce and marriage, and that he had given his full support.

"Priests who wish to enter into same-gender marriage are approved to do so in the Episcopal Church," he said. **JULIA SHU**

Fashion police

NYPD tweets fashion faux-pas safety tip

The fashion police are on patrol.

While New Yorkers were concerned about whether their shortalls matched their espadrilles, the NYPD's 24th Precinct dished out fashion advice with a side of safety tips.

The precinct tweeted a picture of a woman with a fanny pack, showing how though the accessory can be a faux pas to your style, you can at least ensure its contents are safe.

Wearing the fanny pack in the back is "hideous and vulnerable," while wearing it in the front is "hideous but protected," cops advised. **YALDA MOSTAJERAN**

Dell recommends Windows.

Quarterly Business Sale

Great savings start now. Up to 40% off.

Accelerate your business with trusted technology at our best prices.

19.5"

OptiPlex 3020 small form factor

Get the job done with a business-ready, small form factor desktop offering superb value with strong performance, exceptional security and easy serviceability.

Starting price $755.71

$449 Total savings $306.71

As low as: $15/mo[Δ]

E-Value Code: SSO3020SFFW7PD0093

- 4th gen Intel® Core™ i3 processor
- Windows 7 Professional with Windows 8.1 Pro license
- Free Windows 10 Pro upgrade
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:
3 Years ProSupport with 3 Years Next Business Day On-Site Service* $99

Add the Dell 20 Monitor - P2014H for $159.99 ($40 in savings).

Now is the perfect time to invest in the latest technology.[Δ]

Dell Business Credit™ — No interest if paid in full in 90 days on OptiPlex $899+.[Δ]

Limited-time offer for qualified customers.

On sale now. Up to 40% off on select PCs.

15.6"

Latitude 15 3000 Series

Everyday productivity and performance for small and growing businesses who want a secure, manageable, and reliable laptop

Starting price $855.71

$549 Total savings $306.71

As low as: $17/mo[Δ]

E-Value Code: SML153W7P101

- 5th gen Intel® Core™ i3 processor
- Windows 7 Professional with Windows 8.1 Pro license
- Free Windows 10 Pro upgrade
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:
1 Year ProSupport with 1 Year Next Business Day On-Site Service* $27

15.6"

Latitude 15 3000 Series

Everyday productivity and performance for small and growing businesses who want a secure, manageable, and reliable laptop

Starting price $955.71

$629 Total savings $326.71

As low as: $19/mo[Δ]

E-Value Code: SML153W7P004

- 5th gen Intel® Core™ i5 processor
- Windows 7 Professional with Windows 8.1 Pro license
- Free Windows 10 Pro upgrade
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:
1 Year ProSupport with 1 Year Next Business Day On-Site Service* $27

21.5"

Add the Dell 22 Monitor - P2214H for $179.99 ($50 in savings).

OptiPlex 3020 small form factor

Get the job done with a business-ready, small form factor desktop offering superb value with strong performance, exceptional security and easy serviceability.

Starting price $827.14

$549 Total savings $278.14

As low as: $17/mo[Δ]

E-Value Code: SMO3020SFFW7015

- 4th gen Intel® Core™ i5 processor
- Windows 7 Professional with Windows 8.1 Pro license
- Free Windows 10 Pro upgrade
- 4GB* memory* & 500GB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:
3 Years ProSupport with 3 Years Next Business Day On-Site Service* $99

23.8"

Add the Dell 24 Monitor - P2414H for $229.99 ($70 in savings).

OptiPlex 3020 mini tower

Boost productivity with a mini tower desktop offering essential business-class performance, excellent security and simple serviceability.

Starting price $1,012.86

$629 Total savings $383.86

As low as: $19/mo[Δ]

E-Value Code: SMO3020MTW7021

- 4th gen Intel® Core™ i5 processor
- Windows 7 Professional with Windows 8.1 Pro license
- Free Windows 10 Pro upgrade
- 8GB* memory* & 1TB* hard drive
- 1 Year Basic Hardware Service and 1 Year Next Business Day On-Site Service after Remote Diagnosis*

Recommended upgrade:
3 Years ProSupport with 3 Years Next Business Day On-Site Service* $99

Buy One. Get "10" free*

1. Buy any eligible Windows device.
2. Get your free upgrade when available at windows.com/windows10upgrade

Join Dell Advantage Loyalty Rewards and enjoy:

- Free 2nd-business day shipping*
- 5% back in rewards*

Join for free at Dell.com/advantageforbusiness.

Shop now at **Dell.com/forwork**, call **800-822-3495**, or chat live at **Dell.com/chat**.

Offer live dates: 7/27/2015 to 8/3/2015 at 7:59 AM ET

[Δ]**Dell Business Credit:** OFFER VARIES BY CREDITWORTHINESS AS DETERMINED BY LENDER. Offered by WebBank to Small and Medium Business customers with approved credit. Taxes, shipping and other charges are extra and vary. Minimum monthly payments are the greater of $15 or 3% of the new balance shown on the monthly billing statement. Dell and the Dell logo are trademarks of Dell Inc.

No Interest If Paid In Full Within 90 Days: Available at time of purchase on qualifying OptiPlex $899 or more when using Dell Business Credit on July 27, 2015 through August 30, 2015. Minimum purchase amount required. Minimum monthly payments are required during the promotional period. Promotional offer is valid only when account remains in good standing. Accrued Finance Charges will be billed, if the purchase balance is not paid in full within 90 days after product shipment.

Certain restrictions apply. Assumes product is available. Offers, including those at Dell.com may vary, are subject to credit approval and may be changed without notice. PROMOTION DOES NOT INCLUDE printer cables, toner, warranty or any peripheral items. Refurbished and/or used purchases do not qualify for promotions. Promotional financing is made available to Dell Direct customers only and is not combinable with other Dell, DFS or other vendor offers.

*Offers call: M-F 8 a.m. - 8 p.m. CST Offers subject to change, may not be combinable with other offers. Taxes, shipping, handling and other fees extra and not subject to discount. U.S. Dell Small Office new purchases only. Free shipping and handling offer available in Continental (except Alaska) U.S. only. Free shipping offer does not include time to build/test system. Dell reserves the right to cancel orders arising from pricing or other errors. Limit: 5 discounted or promotional items per customer. Graphics and System Memory: GB means 1 billion bytes and TB equals 1 trillion bytes; significant system memory may be used to support graphics, depending on system memory size and other factors. 4GB or Greater System Memory Capability: A 64-bit operating systems is required to support 4GB or more of system memory. Hard Drive: GB means 1-billion bytes and TB equals 1-trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. Dell ProSupport: Availability and terms of Dell Services vary by region. For more information, visit Dell.com/servicecontracts/global. On-Site Service After Remote Diagnosis: Remote Diagnosis is determination by online/phone technician of cause of issue; may involve customer access to inside of system and multiple or extended sessions. If issue is covered by Limited Hardware Warranty and not resolved remotely, technician and/or part will be dispatched, usually within 1 business day following completion of Remote Diagnosis. Availability varies. Other conditions apply. Dell Advantage: Rewards are provided in the form of a promotional code. 10% back in rewards valid only on purchases using Dell Business Credit (DBC) and Dell Advantage Loyalty Program. 5% back in rewards valid on all other Dell Advantage purchases. Bose products only eligible for 5% rewards with Dell Advantage. Rewards arrive separately from purchase, typically in 10-20 days from ship date via email; expires in 90 days (except where prohibited by law). Any balance remaining on your purchase after Dell Advantage rewards are applied may not be paid with DBC and instead a separate form of payment must be used. Refurbished and or used purchases do not qualify for rewards. Terms and conditions apply. Dell.com/rewardterms. *Second Business Day Shipping: Not available on televisions 40" or larger, Promethean Smart Boards, NetShelter Empty Racks and Loaded Racks, S520 Interactive projector solutions, and 55" Dell Branded Monitors. Windows 10 Upgrade: Pre-release product shown, subject to change. Apps sold separately. Windows 10 Upgrade Offer valid for qualified Windows 7 and Windows 8.1 devices (including devices you already own) for one year after Windows 10 upgrade availability. Visit windows.com/windows10upgrade for more details. Trademarks/Copyright Notices: Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. Microsoft and Windows are registered trademarks of Microsoft Corporation. Dell ProSupport, E-Value code, Inspiron and OptiPlex are trademarks of Dell Inc. All other trademarks and copyrights are the property of their respective owners.

Windows 10

Water you fighting for?

People take part in a water gun fight Saturday on the great lawn in Central Park. The Waterfight NYC 2015 event was organized on Facebook. According to the social media site, approximately 64,000 people showed up ready to get wet. /MILES DIXON, METRO

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain and Cramps
- ☑ Heaviness and Swelling
- ☑ Skin Discoloration
- ☑ Ulcers and Blood Clots
- ☑ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! *Including Healthfirst*

(718) 504-5974

www.USAVeinClinics.com

USA Vein Clinics

New York

1153 First Ave • Manhattan, NY 10065

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

NEW 1975 Hylan Blvd • Staten Island, NY 10306

NEW 260 W Sunrise Hwy, Ste 102
Valley Stream, NY 11581

COMING SOON 4159 Broadway • Washington Heights, NY 10040

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

Five things you need to know

1 Obama tells Kenyans they can succeed

U.S. President Barack Obama told Kenyans on Sunday on his first presidential trip to his father's homeland that there was "no limit to what you can achieve" but said they had to deepen democracy, tackle corruption and end exclusion based on gender or ethnicity.

After political talks on Saturday with President Uhuru Kenyatta on security and business, Obama's speech to a packed sports hall in Nairobi struck a personal note, as he spoke of his own experience and that of Kenya's in the five decades since independence.

Kenya was the first leg of a trip to Africa. Later on Sunday, he arrived in neighboring Ethiopia, one of the continent's fastest-growing economies and headquarters for the 54-nation African Union.

"I'm here as president of a country that sees Kenya as an important partner. I'm here as a friend who wants Kenya to succeed," he said in the Nairobi arena, after being introduced by his sister Auma Obama. **REUTERS**

After Kenya, Obama arrived in Ethiopia. / GETTY IMAGES

2 Two killed, six injured in boat accident near Baltimore bridge

Two women were killed and six people injured when a passenger boat slammed into a concrete abutment at a major bridge in Baltimore early on Sunday, police said.

Two bodies were pulled from the water near the Francis Scott Key Bridge spanning the Patapsco River, Maryland Department of Natural Resources Police said in a statement.

Six other passengers were taken to hospital with injuries, the severity of which were not immediately known.

The power boat hit a concrete piling along a shipping channel that protects the bridge from boat strikes. **REUTERS**

3 Auto safety regulator to fine Fiat Chrysler $105M

U.S. authorities are close to imposing a record $105 million fine on Fiat Chrysler Automobiles for recall lapses covering millions of vehicles, the Wall Street Journal reported on Saturday, citing people familiar with the matter.

A settlement could be unveiled as early as Monday and Fiat Chrysler will have an opportunity to recoup some of the penalties if it meets certain conditions, the newspaper said.

In some cases, the automaker will agree to repurchase recalled vehicles. **REUTERS**

4 Amusement park ride tips over, 12 injured

Twelve people, including children, were injured when a swing ride tipped over at an amusement park in Kentucky, police said on Sunday.

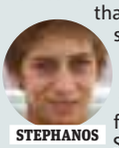
The ride, in which people sitting in swings suspended from above are spun around, tipped over just after 7 p.m. on Saturday in Beech Bend Park in Bowling Green, Warren County Sheriff's Office spokesman Stephen Harmon said.

"It actually tipped over. I don't know if the weight wasn't distributed properly or there was some kind of a malfunction with the ride itself, but we're saying that it collapsed," he said. **REUTERS**

5 Coast Guard widens search for two Florida teens missing at sea

The U.S. Coast Guard expanded its search on Sunday for two teenage boys who went missing during a fishing expedition off the Florida coast two days ago, the service said in a statement.

Airplanes, helicopters and speedboats had covered more than 14,000 square nautical miles in the search for Austin Stephanos and Perry Cohen, both 14, who were last seen on a 19-foot white fishing boat in the waters of Palm Beach County, the Coast Guard said. **REUTERS**


STEPHANOS

LT Bier Garten
PRESENTED BY BRASSERIE RUHLMANN
TRADITIONAL GERMAN CUISINE IN
THE HEART OF ROCKEFELLER CENTER®

Hours of Operation:
Monday–Saturday: 11:30am–9pm
Sunday: 11:30am–3:30pm
Happy Hour: Monday–Friday: 4pm–6pm

Brasserie Ruhlmann
45 Rockefeller Plaza
212.974.2020
brasserieruhlmann.com

Rockefeller Center, North Plaza
@rockcenternyc | #rockeats

With nuclear deal done, Iran sets out to reassure its neighbors

Iranian Foreign Minister Mohammad Javad Zarif holds a press conference after his meeting in Kuwait City. / GETTY IMAGES

Gulf Arab states. They are worried that Iran's accord will hasten detente between Tehran and Washington.

Iran's foreign minister called on Sunday for a united front among Middle Eastern nations to fight militancy, in his first regional trip since Iran reached an agreement with world powers on the country's nuclear program — an agreement that raised fears among its Gulf Arab neighbors.

"Any threat to one country is a threat to all ... No country can solve regional problems without the help of others," Mohammad Javad Zarif said at a news conference hosted by the Iranian embassy in Kuwait.

Zarif earlier met Emir Sheikh Sabah al-Ahmad al-Sabah and Kuwait's foreign minister, Sheikh Sabah al-Khaled al-Sabah, who was not present at the news conference.

After Kuwait, Zarif traveled to Qatar, where he was to meet Emir Sheikh Tamim bin Hamad al-Thani. He was due to go to Iraq next.

"Iran stands behind the people in the region to fight against the threat of extremism, terrorism and sectarianism ... Our message to the regional countries is that we should fight together against this shared challenge," Zarif added. REUTERS

Kurdistan Workers Party

Turkish fighter jets hit targets in Iraq

Turkey attacked Kurdish insurgent camps in Iraq for a second night on Sunday, security sources said, in a campaign that could end its peace process with the Kurdistan Workers Party.

Ankara, which called for a special NATO meeting on Tuesday to discuss its security concerns, said two soldiers were killed and four wounded in the latest attack by PKK militants.

Long a reluctant member of the U.S.-led coalition against Islamic State, Turkey made a dramatic turnaround this week by granting the alliance access to its air bases and launching air raids against both the jihadist movement and the PKK.

But the relapse into serious conflict between Turkey and the PKK has raised doubts about the future of NATO member Turkey's peace process with Kurdish foes that started in 2012, after 28 years of bloodshed, but has recently stalled.

Four Turkish F-16 fighter jets deployed from the Diyarbakir air base in the country's mainly Kurdish southeast hit PKK targets in Hakurk in northern Iraq, the sources told Reuters.

The strike came after a car bomb and roadside explosives hit a passing military vehicle on a highway near Diyarbakir overnight on Sunday, the army said. Kurdish militants then opened fire on the vehicle with rifle fire, it said. Four other soldiers were wounded. REUTERS

VILLAGECAREMAX
LIVE THE LIFE YOU WANT
Our Members Are Our #1 Priority.
We are a 5-star rated Managed Long-Term Care Plan
800-469-6292 TTY 711
7 days a week, 8:00 am to 8:00 pm
www.villagecaremax.org
5-star overall rating based on the 2014 NYC Region MLTC Consumer Guide, published by the New York State Department of Health

DOWNTOWN BROOKLYN MULTI-SPECIALTY GROUP

HEAD TO TOE
We have you covered!
Caring doctors and personal care all in one convenient location

Dr JEFFREY ROSENBLATT
Dr EMMANUEL BUSTOS
Specializing in bunion and hammer toe surgery, fungal nails (laser) and heel pain
Podiatric Medicine
408 Jay St, Suite 500, Brooklyn, NY 11201
718.875.9251 • Drjeffreyrosenblatt.com

Dr NELLY COHEN
Internal medicine, primary care, weight loss specialist
408 Jay St, Suite 500, Brooklyn, NY 11201
718.596.5555

HANSON DENTAL
General and Cosmetic Dentistry
177 Livingston St, Brooklyn, NY 11201
718.403.0700

Dr MICHAEL AMOASHIY
Neurologist
408 Jay St, Suite 300, Brooklyn, NY 11201
718.522.3000

Brooklyn Multi-Specialty Group
Quality Care from Head to Toe

WE ACCEPT YOUR INSURANCE
Board Certified Medical Professionals

SAME DAY APPOINTMENTS AVAILABLE
Call today for appointment
MetroTech Areas convenient to
1 2 3 A B C 4 5 6 N R

PAUL WITTERICK/REX SHUTTERSTOCK

He's all bark ... and a little bike, too

Barry is no ordinary dog: This Bedlington terrier has a gift for riding a bike. Three-year-old Barry, who lives with his owners Wayne Sowerby and his partner Kate Hayllar in Cumbria, began to play on skate boards when he was just a young pup. His owner Wayne, 29, says that the family was outside playing with the dog one day, and soon after Barry moved up to a tricycle. MWN

HURT AT WORK?
WORKER'S COMPENSATION
CONSTRUCTION ACCIDENTS
MOTOR VEHICLE ACCIDENTS
LAW OFFICES OF HARRIS LAW GROUP, LLP
• Work Related Injuries • Occupational Diseases
• Construction Accidents • Motor Vehicle Accidents
• Negligence & Liability Accidents
• Personalized Service to Every Client
• No Appointment Necessary
• Represent Uninsured Employers
CALL 212.684.3160
Offices in Queens, Brooklyn, Staten Island, Nassau & Suffolk County
FREE CONSULTATION
We speak Spanish, Russian, Chinese, Polish and Bengali

The 'Show Me' State

Missouri man kills father by lying on his head to 'prove a point'

A Missouri man was charged Sunday with murdering his 74-year-old father by lying on his head until the man lost consciousness, to prove "how big and bad" he was.

Kyle Webb, 44, of Grandview, Missouri, is charged with killing Franklin Webb late Saturday night at a home they shared after the father complained about the way his son was cleaning up around a leaky pipe, according to a police report.

Kyle Webb admitted to the killing, telling police that he became angry at his father's complaints and attempted to scare him by acting as though he was going to hit him with an empty vodka bottle, according to the police report. Franklin Webb then tried to punch his son but fell back, hitting a kitchen chair before falling to the floor where the son jumped on top of him, the police report states.

Kyle Webb told police he positioned his father's arm across his throat and then laid himself across his head as the man lay face down on the floor. He sat on his head for up to 12 minutes, the police report states, because the son said he wanted to "prove a point" that he could control his father. REUTERS

Quoted

"I had to prove how big and bad I was."
Webb told police

www.metro.us

Planned Service Changes

10 PM to 5 AM
Mon to Fri
Jul 27 – 31, Aug 3 – 7

No trains between 95 St and 36 St, Brooklyn

Use free shuttle buses and (D) (N) trains

Travel Alternatives:

- Evening (R) service operates between **71 Av**, Queens and **36 St**, Brooklyn in both directions.
- (R) trains skip **Union St**, **4 Av-9 St**, **Prospect Av**, and **25 St**, in both directions.
- Late night (R) shuttle service is suspended.
- Free shuttle buses operate between **95 St** and **59 St**, stopping at **86 St**, **77 St** and **Bay Ridge Ridge Av**.
- (D) trains run local between **Atlantic Av-Barclays Ctr** and **36 St**.
- (N) trains run local between **Atlantic Av-Barclays Ctr** and **59 St**, in Brooklyn.
- Transfer between free shuttle buses and (N) trains at **59 St**.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

FASTRACK

© 2015 Metropolitan Transportation Authority

The Foreman Forecast

TOM FOREMAN

TOM FOREMAN PREDICTS THIS WEEK IN POLITICS. HE IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY: A DAD, A DAUGHTER, AND A RIDICULOUS PLAN."

ROAD TRIP!

Of course all the contenders (or perhaps pretenders) to the presidential throne are burning up the highways with their campaign buses already, but this week could find some bumpy roads on several political fronts. Grab the steering wheel, as I'm predicting some serious potholes in my three things to watch this week in politics.

DEMOLITION DERBY: The $47 billion federal highway bill is finally, painfully, exhaustingly coming down to the finish line for Congressional approval. Normally that's about as exciting as changing a flat. But there is potentially a huge wreck looming. A deal to renew the controversial Export-Import Bank has been attached to the highway funds, and some conservatives are ready to blow a gasket. They think it's all a taxpayer-funded kickback to big corporations, and if they can get their engines revved up enough they could ram the whole deal rather than let it roll by.

SQUEAKY WHEELS: As tired as everyone may be getting of Hillary Clinton's emails, like a squeak in the undercarriage the story just won't go away. Reporting was a mess this past week about possible investigations into how she handled her computer communications while Secretary of State, with her campaign pushing back hard and repeating assertions that she's done nothing improper. Right or wrong the whole mess has Clinton fighting for gaining traction, so watch for opponents to try to keep the skid going.

BACKFIRE: The Louisiana theater shootings spurred an immediate cry to revive efforts for gun control legislation. That said, even with passions running hot for change, the political equation in DC is unchanged. Look for some emotional interviews and speeches rolling out from the left this week ... but a fundamental detour in policy is highly unlikely.

Trump has been criticized by Republican Party leaders for making incendiary comments. / GETTY IMAGES

Trump tops CNN poll of 2016 Republicans

Says he leads a 'movement.' Trump said people are tired of incompetent politicians in DC.

Real estate magnate Donald Trump moved to the top of the 2016 Republican presidential field in a CNN poll released on Sunday, edging rival Jeb Bush and gaining support from Republicans in the last month despite a series of controversial statements.

Poll

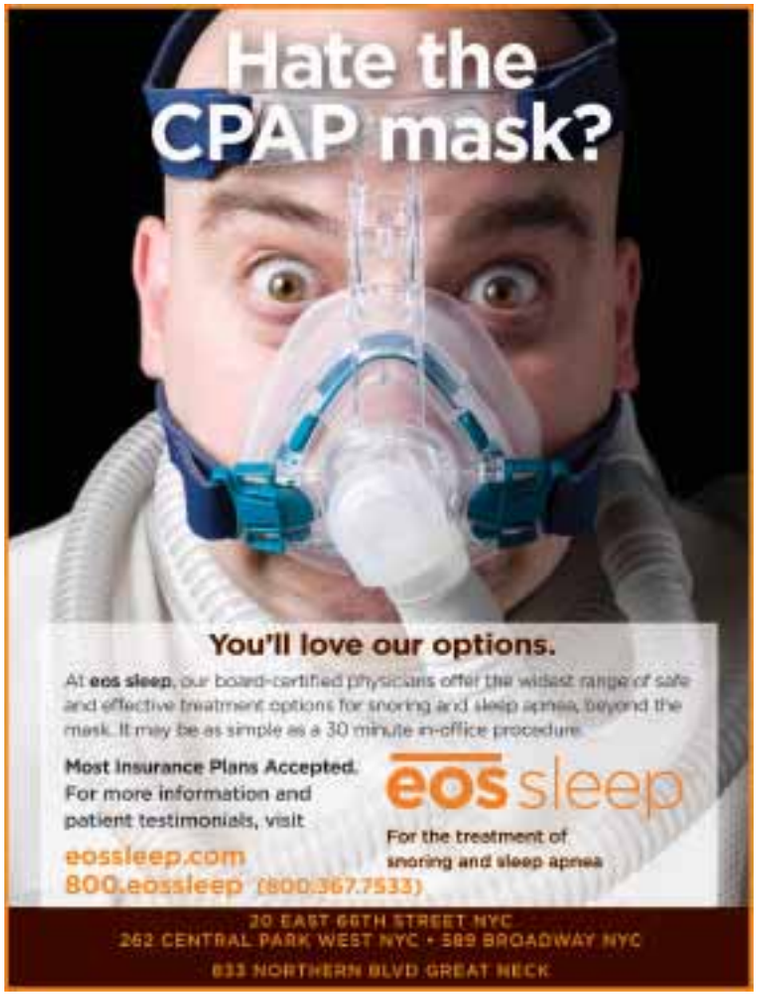
18%

Trump was backed by 18 percent of Republicans in the CNN poll, which was conducted entirely after his July 18 criticism of Republican Senator John McCain's war record. His lead over Bush, a former Florida governor who was at 15 percent, was within the poll's margin of error.

"There is a movement going on. This is more than me," Trump said on CNN's "State of the Union," saying the poll results were not surprising.

"People are tired of these incompetent politicians in Washington," he added, "that can't get anything done."

Trump's support among Republicans increased six percentage points since late June despite a flood of rebukes of Trump by most of his fellow candidates after he said McCain, a former Navy pilot who was tortured during more than five years in captivity during the Vietnam War, was not a war hero because he was captured. REUTERS


Hate the CPAP mask?
You'll love our options.
At eos sleep, our board-certified physicians offer the widest range of safe and effective treatment options for snoring and sleep apnea, beyond the mask. It may be as simple as a 30 minute in-office procedure.
Most Insurance Plans Accepted.
For more information and patient testimonials, visit
eossleep.com
800.eossleep (800.367.7533)
eos sleep
For the treatment of snoring and sleep apnea
20 EAST 66TH STREET NYC
262 CENTRAL PARK WEST NYC • 589 BROADWAY NYC
833 NORTHERN BLVD GREAT NECK

Flushing Street Festival

Come down to Flushing and experience the rich, distinct culture that Main Street has to offer! There will be over 70 booths of food and shopping, raffles, as well as bounce houses for the kids. Go to www.flushingbid.com for more information.

Date: **Saturday, August 1st, 2015**
Time: **11:00AM to 5:00PM**
Location: **40th Road and Prince Street**

Thanks to our sponsors and local businesses for their support:

UnitedHealthcare · healthfirst FLUSHING Bank · EmblemHealth · USTA · MetroPlus Health Plan · McDonald's · THE SHOPS AT SKYVIEW CENTER · EMPIRE CITY CASINO · Affinity Health Plan · MONROE COLLEGE

OMG. Soon there will be a 'Pac-Man' probe to devour junk in outer space

Arcade game fans, rejoice, as a "real life" Pac-Man is planned for launch — to gobble up space junk floating in Earth's orbit. The CleanSpace One probe, designed by the Center for Space Engineering at EPFL in Lausanne, Switzerland, aims to track down tiny 10x10-cm SwissCube satellites spinning in space and trap them using its conical net. The team has now passed the prototype phase and hopes to develop a model ready to collect the debris by 2018. Muriel Richard-Noca, project manager of CleanSpace One, spoke to Metro.

Is space junk a big problem?
There are various sizes to space debris, from millimeters to tens of meters, with each size creating different threats. Heavy ones have most potential for creating thousands of debris if they collide with each other or with smaller debris. Overall, the number of debris larger than 10 centimeters in space is around 16,000. They are composed of old rocket bodies, defunct satellites and, for the most part, fragmentation junk from explosions or collisions.

What makes space debris a threat?
Their velocities are very high — approximately 7 km/s, or about 28,000 km/h — and thus a collision even with a very small debris creates large damage, as the impact energies are tremendous. This is why the International Space Station has a double-skin structure to ensure safety of the astronauts. But functional satellites do not carry such structure for mass and cost reasons, and collision with a 10-cm object or larger will mean destruction.

And that's why you are creating the Pac-Man probe?
The story begins in September 2009, when we launched our first pico-satellite SwissCube, used to monitor collisions from previous satellites. We realized that the SwissCube would become a debris once its mission is completed. So we decided to do something about it. We started a program to work on active debris removal, and the CleanSpace One project anchors these activities with a flight mission. Its launch is planned for the 2018-2019 time frame.

Why will Pac-Man's mission be so important?
We are now in a critical period, where it is believed that the number of debris in space is at the threshold to start a self-cascading effect: one collision creating thousands of debris, thus increasing the probability of more collisions and so on. This effect could be difficult to control once the chain reaction starts.

DMITRY BELYAEV, MWN

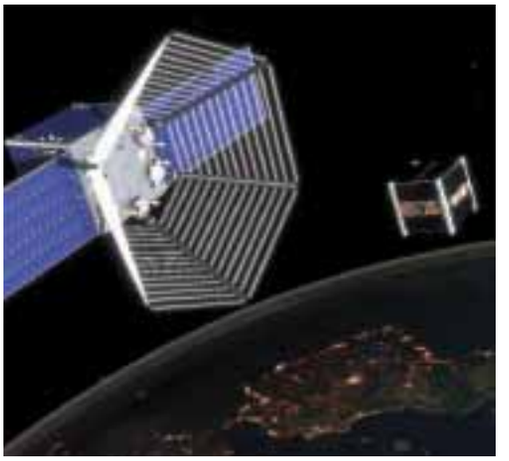
Visit us online at **Metro.us/omg** for more interviews.

Question

How will the CleanSpace One work?

To collect the debris, our engineers had come up with various solutions, from articulated arms with claws to a system of tentacles. But they finally opted for the so-called "Pac-Man" method. The prototype resembles a net in the form of a cone that unfolds and then closes back down once it has captured the small satellite.

METRO WORLD NEWS



CleanSpace One probe / EPFL

Did you have SHINGLES?
Still in PAIN?
Local doctors are conducting a research study of an investigational topical ointment for people with chronic PHN pain, to see if it helps relieve pain when it is applied to the affected area twice a day for 4 weeks.
If you are eligible for the study, all study-related visits, tests, and medications will be provided to you at no cost. In addition, reimbursement for study-related time and travel may be provided if needed. Please call for more information.
(212) 595-5012
The Medical Research Network, LLC
134 E 93rd St, New York, NY • www.Medical Research Network.com

NOTICE TO THE PUBLIC
AFFORDABLE HOME PROGRAM
START WITH AS LITTLE AS $1,000
Home Buyers Program
GOOD CREDIT, BAD CREDIT, NO CREDIT
ALL CASES PROCESSED
CALL NOW FOR FREE REGISTRATION MANY HOMES ARE FULLY RENOVATED
BROOKLYN, QUEENS, BRONX,
3.5% TOTAL DOWNPAYMENT NEEDED
Affordable Home Program LLC
NYS. Licensed Real Estate Brokers
117-18 Queens Blvd Suite 202,
Forest Hills, NY 11375
1866-988-HOME (4663)

Individuals with Hepatitis C are needed!
The Rockefeller University Hospital is looking for individuals who have chronic hepatitis C to participate in a study to enhance our understanding of immune function in chronic disease.
You may be eligible if you:
• Are between 18-60 years old
• Have chronic hepatitis C
• Are not currently on medications to treat hepatitis C
• Do not have a diagnosis of HIV
• Have never had Hepatitis B, or the Hepatitis B vaccine
Participation includes:
• Receipt of the hepatitis B vaccine (3 standard doses)
• Blood work
• 12 visits over 30 weeks
• Compensation
To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

ADVERTISEMENT

Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC that has treated thousands of knee arthritis patientssince 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What ResultsCan Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another ImportantFactor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

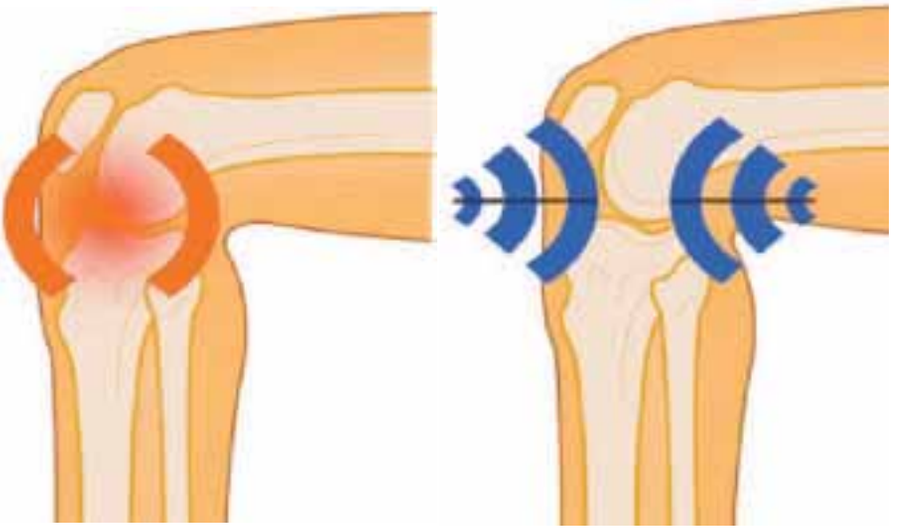
Radiofrequncy waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

ADVERTISEMENT

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and and even more expensive.

OsteoRelief Center believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and Medicare.

osteo relief

NON-SURGICAL SPINE PAIN, NEUROPATHY AND ARTHRITIS TREATMENT

Park 34 Medical
15 Park Avenue, New York, NY
Exec Director: Alex Garger MD

Downtown NYC Medical
130 William Street, New York, NY
Exec Director: Gazelle Craig DO

Locations in Park Ave. NYC, Financial District, NYC
800-227-KNEE(5633)

2 CULTURE

Twitter feed

Today, David Crosby has questionable taste, Azealia Banks keeps it classy and Conan O'Brien does not have a problem.

@thedavidcrosby: You all know I don't like saying who's the best because we're all different. But my favorite male vocalist is Michael McDonald

@AZEALIABANKS: Applebee's wine glass filled to the rim.

@ConanOBrien: I don't think I spend too much time on my smartphone at home, and neither do my kids, Candy and Crush.

Real subtle, guys. / ALL PHOTOS GETTY IMAGES

Avengers: Age of dating rumors

This could make things awkward at the next "Avengers" table read. Tom Hiddleston (who plays the mischievous villain Loki) and Elizabeth Olsen (new team member Scarlet Witch) are weathering some new dating rumors after sharing a cozy dinner in London late last week. You can tell there's some truth to it because of how uncomfortable they appear in paparazzi photos from their night out. If that's not an "Oh crap, you weren't supposed to see this" face, I don't know what is. Of course, the two are set to star as husband and wife in the Hank Williams biopic "I Saw the Light," so who knows, maybe the whole thing is just research.

Daily video

Kids explain adultery

Jimmy Kimmel is racking up quite an awkward playlist of "Kids Explain" videos. After the last installment tackled marriage equality without much incident, Kimmel decided to take on the Ashley Madison hacker threat by asking kids on the streets of Hollywood to explain adultery. Some of the answers are pretty great. And, thankfully, most of them have no idea what the word means. Yet.

@ JIMMYKIMMELLIVE/YOUTUBE

How Madonna is like Picasso

So Madonna is now comparing herself to Pablo Picasso. But wait! It's not as ridiculous as you might suspect. In fact, the "Rebel Heart" singer makes the comparison in response to the ever-tiresome critics who think that at 56 she's too old to still be out there being Madonna and all. "I like to compare myself to other kinds of artists like Picasso. He kept painting and painting until the day he died," she tells the Telegraph. "Why? Because I guess he felt inspired to do so. Life inspired him, so he had to keep expressing himself, and that's how I feel. I don't think there's a time, a date, an expiration date for being creative. I think you go until you don't have any more to say." So now you know.

Ask me about my blue period.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Amy Schumer knows how to shut down an interview

How do you make an interview with Amy Schumer go terribly, terribly wrong? Casually refer to her "Trainwreck" character as "skanky." At least that's what Australian radio co-host Matt Tilley learned when he tried to float the adjective past Schumer, only to have the Comedy Central star make the rest of their time together incredibly awkward. "Do you have the word 'skanky' in America?" Tilley asked, to which Schumer gamely replied, "We do have that word.

WATCH IT WITH THE SKANKY, OK?

What made you think about your mom?" There's video of the chat, as well, if you haven't had a good cringe-fest lately. Also, Tilley? Excuse me, do we have the word "skanky" here? Sir, we invented it. I said good day!

MENOPAUSE?
Painful Intercourse?
Itching? Vaginal Dryness?
Frequent Urination?

Save 10% Now!*

MonaLisa Touch is a painless, 5-minute life changing laser procedure for restoring vaginal health.

FREE PRIVATE CONSULTATION
Manhattan Center For Gynecology
Ronald D. Blatt MD, FACOG
144 E. 44th St., Suite 225 (between Lexington and 3rd Ave.)
New York, NY 10017
212-308-4066
*valid through 7/31/15 with this ad

MEDSPA 44

Make Yourself Beautiful for the Summer!
BODY CONTOURING
COSMETIC LASER SERVICES

15% Off any service*

FREE CONSULTATION
Fraxel • Ultherapy • Cool Sculpting
Laser Hair Removal • Smartlipo
Cellulaze • Precision TX – Neck Lift
Botox, Juvederm, Voluma

Medspa 44
144 E 44th St, Ste 205
NY, NY 10017 (3rd – Lex)
212-308-4990
info@medspa44.com
www.medspa44.com
*valid through 7/31/15 with this ad

5 Biggest moments from 'I Am Cait'

Spoiler alert. These are the shockers we can't stop talking about.

"I Am Cait" airs Sundays at 8 p.m. on E! / JAMES WHITE, E!

After weeks of endless promos and sneak peeks, "I Am Cait" finally premiered last night on E! The docuseries follows Caitlyn Jenner's journey to start her life as a woman after 65 years of living as a man. Here are all the juicy scenes from the first episode.

1 Caitlyn sees her Vanity Fair cover for the first time. Besides a few unauthorized paparazzi photos, Caitlyn Jenner's Vanity Fair cover and accompanying photos are truly her coming out as a woman. In the first few moments of "I Am Cait," Caitlyn sees the cover, the cameras capturing her immediate reaction. At the end of the episode, she reveals that Khloe Kardashian had some issues with the cover, but you'll have to wait until the next episode to find out why.

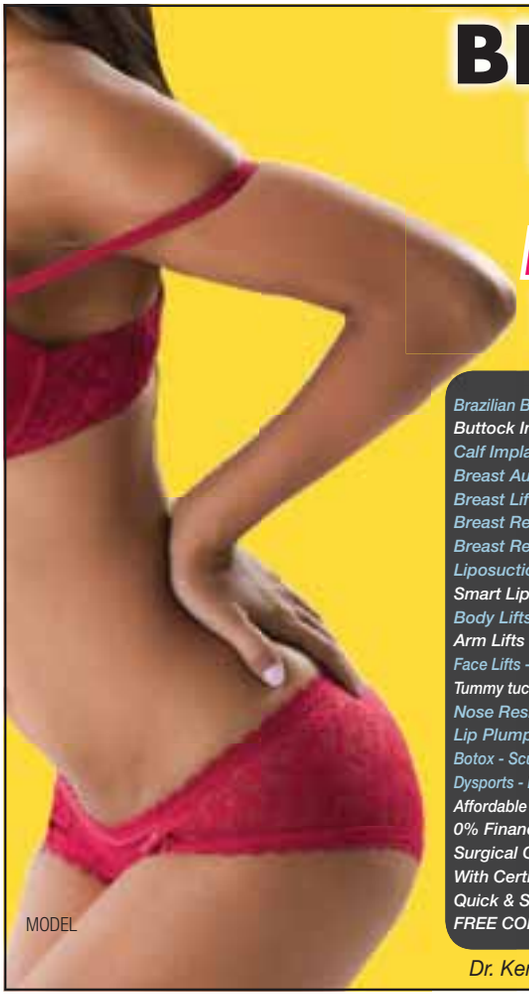
2 Kylie Jenner meets Caitlyn for the first time. Kylie's first time seeing her father living out a new identity wasn't in person; it was actually over FaceTime, which caught Caitlyn totally off guard. "I don't want to scare you," Caitlyn tells Kylie. The whole call and her reaction to seeing Caitlyn for the first time are shown in the episode along with later when Kylie comes over to visit, meeting Caitlyn in person for the first time.

3 Caitlyn's mom gets honest — real honest. The bulk of the episode shows what happens when Caitlyn's mom and two sisters come to visit, the first time they're seeing each other since the transformation. To help start a dialogue, Caitlyn has a therapist prompt a conversation, and Caitlyn's mom doesn't hold back, including asking about a verse in the Bible condemning dressing up in another gender's clothes.

4 Kim lends her fashion advice. Kanye West and a pregnant Kim Kardashian stop by, and Kim heads straight to Caitlyn's closet. She doesn't hold back about what Caitlyn needs to ditch. Plus, she pulls out a dress that Kris Jenner also has. Talk about awkward!

5 Real trans issues are addressed. More than anything, the show highlights Caitlyn's big heart. She truly cares about the trans community, especially young people who struggle with both self-acceptance and acceptance from others. She spends an afternoon with the family of a 14-year-old trans teenager who committed suicide, and upcoming episodes feature her going to support groups and discussing issues such as what trans people who can't afford sex reassignment surgery do. The Kardashian enterprise has been written off as frivolous, but their latest show has the potential to change misconceptions and stereotypes.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us



BIKINI SEASON NEVER LOOKED SO GOOD

SPECIAL $500 OFF WITH THIS AD

FRANCIS NY PLASTIC SURGERY

114 EAST 71ST STREET • 212-226-0677

Between Park & Lexington Avenues • www.francisnyplasticsurgery.com

Brazilian Butt Lift - Fat Grating
Buttock Implants
Calf Implants
Breast Augmentation
Breast Lift
Breast Reduction
Breast Reconstruction
Liposuction
Smart Lipo
Body Lifts
Arm Lifts
Face Lifts - Eyes - Neck
Tummy tucks - Mini & Full
Nose Reshaping
Lip Plumping
Botox - Sculptra - Juvederm
Dysports - Restylane - Radiesse
Affordable Cosmetic Surgery
0% Financing Available
Surgical Center On Site
With Certified Staff
Quick & Safe Anesthesia
FREE CONSULTATION!

FREE CONSULTAIONS!

Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in : "Allure, Glamour, and Inside Edition"

FIBROIDS?

Seeking a Hysterectomy Alternative?

DO YOU HAVE?

- Bleeding between periods
- Heavy bleeding during periods
- Abnormally long periods
- Frequent urination
- Pelvic pain and pressure
- Pressure in your lower abdomen
- Pain during intercourse

1 in 5 women experience fibroids during their childbearing years. Half of all women have fibroids by age 50. Uterine fibroids (Myoma or Leiomyoma) are very common and treatable. Uterine Fibroid Embolization treatment at USA Vascular Centers can shrink fibroids up to 50% within 3-6 months. Treatment is a minimally invasive, non- surgical outpatient proceducre with a short recovery and no hospitalization. Most patients experience relief of symptoms, including excessive bleeding reduction within 1 month. Don't wait – call (718) 690-3048 now to schedule a consultation.

USA VASCULAR CENTERS™

Call today to schedule your consultation

(718) 690-3048

www.USAVascularCenters.com

2444 86th St, Ste A
Bensonhurst, NY 11214

260 W Sunrise Hwy, Ste 102
Valley Stream, NY 11581

NEW

Catch the finale of "The Bachelorette" tonight at 8 p.m. on ABC. / RICK ROWELL, ABC

Chris Harrison tells all

Interview. The man who sees it all in the "Bachelor"/"Bachelorette" universe weighs in on the latest season and what's to come.

If you've been watching ABC's "The Bachelorette," you'll know this season has repeatedly been called "controversial" and "dramatic" — well, mostly by its host, Chris Harrison. So we went straight to the leader himself of Bachelor Nation to clear the air ahead of tonight's finale, plus get the scoop on what's next.

The moment everyone's still debating

The show's producers received more backlash than ever for keeping a microphone around during Kaitlyn and Nick's "intimate" encounter, but Harrison stands by the choice to air the scene. "Should we, as producers, not be truthful with the audience because we don't think you can handle it? … I don't think it's up to producers to go back and edit that to make everybody feel good about themselves and make this perfect Disney utopia," he says.

Kaitlyn's legacy and lessons learned

"I think Kaitlyn was incredibly open and strong and wore her heart on her sleeve," Harrison says. As for whether future bachelors and bachelorettes will be more cautious about what they're getting up to behind closed doors, Harrison can't be sure. "Maybe they'll be more leery. … Maybe it's a lesson learned. I don't know."

Double trouble?

Harrison says that despite rumors to the contrary, they haven't chosen the next bachelor — or should we say bachelors? Though Harrison was less than thrilled to have two bachelorettes going into this season because it complicated production, he says he'd "never say never" to doing it again: "We have an embarrassment of riches as far as decisions on the next bachelor."

GETTY IMAGES

Spinoffs

Heading to 'Paradise'

Can't get enough of the tears, drunken yelling and over-the-top dates? The two-night event "Bachelor in Paradise" returns for its second season on Aug. 2, with past "Bachelor" contestants living and loving it up in Mexico, plus a new one-hour live aftershow to boot. We got the scoop from Harrison on what he thinks of the new show.

Who are you most excited to have on the show?
Ashley I. was such a dynamic character on the show that she definitely had to come back. And Ashley S. — I don't know if I ever want to do any television without her.

And I definitely wanted some of the guys from this season because they were so good, and J.J. was such a controversial figure.

Why create the live aftershow?
Obviously, it's trending every Monday night. It fills every magazine, and it's not even this season — it could be former couples. So this show, unlike probably any other show on network TV, really lends itself to a social medium like an aftershow.

RACHEL KASHDAN
@metronewyork
letters@metro.us

Labor day with Cobie Smulders

Cobie Smulders experiences the unfun parts of pregnancy in "Unexpected," now in theaters and on VOD.
THE FILM ARCADE

Interview. The "How I Met Your Mother" actress goes indie with the pregnancy dramedy "Unexpected."

Since her nine-year stint on "How I Met Your Mother" ended, longtime player Cobie Smulders has divvied her time between Marvel business — she's played S.H.I.E.L.D. biggie Maria Hill in four projects so far — and indies. Earlier this season, she cussed up a storm in Andrew Bujalski's fitness-centered "Results." In "Unexpected," by filmmaker Kris Swanberg, she's only slightly less grouchy as a young teacher who accidentally gets knocked up.

GETTY IMAGES

Elizabeth McGovern plays your mother here, and I'm sure everyone has said this, but it's really uncanny how alike you two look.

Kris was quite inspired by the movie "She's Having a Baby," in which Elizabeth McGovern plays the pregnant wife. She told me to watch it before we shot. Two weeks later, Elizabeth McGovern was playing my mom.

This is very frank about what women go through during pregnancy.

I don't think we've seen a woman deal with the fact that she has to stop working or feel like she's losing her identity through pregnancy. When you're pregnant and in a relationship, you have to ask, "What are you going to do?" It's different for everybody. I thought it was interesting portraying a woman who has a strong drive to keep working, to be a part of the workforce, to have a passion other than her family.

In America, at least, there's still a fight to get more maternity leave or even keep it at what it is.

Growing up in Canada, we have paternity leave, which is amazing, as well as a healthy maternity leave. In this industry, I've been lucky. You are self-employed. I love checking that box whenever I'm filling out a government form. It's great if people want to employ you all the time. But if you're actively looking for work constantly, it's less so. There's something very freeing about being on your own schedule, but there's also something terrifying about taking time off.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

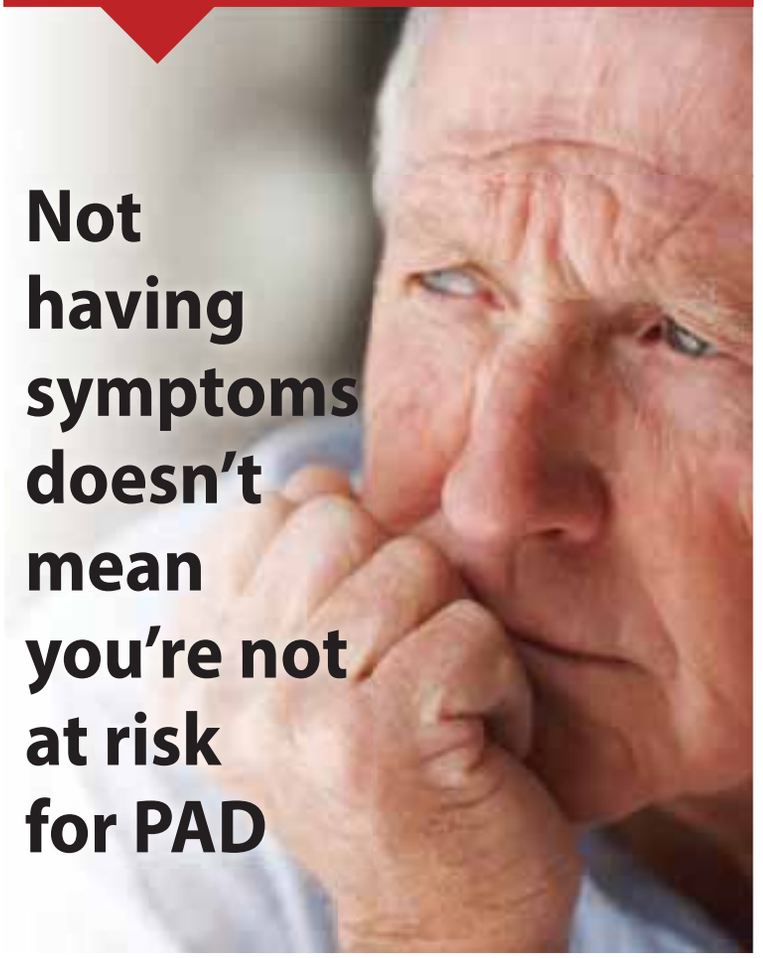
One more thing

Blame Canada

Kris Swanberg comes from a very collaborative filmmaking background. Could you sense that you were very much involved in the process?

It's always fun when the writer is the director. In my experience, they're either like, "This is why this word is here" or "Just f—ing say whatever you want." Kris was a combination of the two. She was very open with me, probably because I related to what Samantha was going through, being a mother myself, and being a working mom at that. I was able to have a lot of input in the script.

She'd even add scenes for me I was really adamant about — I wouldn't say adamant. The Canadian version of being adamant is saying, "Hey, I had an idea. Don't worry about it — I know you've scouted everything, and it will be a pain in the ass, but I had this idea where Samantha could go out and buy a pregnancy test at the local convenience store, which would be near the high school so we can showcase the neighborhood a little more, if it's OK. If it's not too much trouble." That's me being adamant.



If you're over the age of 60, you're at risk for having or developing Peripheral Arterial Disease (PAD), which if left untreated can lead to severe pain, numbness, impotence, non-healing sores...even amputation. And if you're a smoker, have diabetes or have had a heart attack or stroke your risks are increased significantly.
The good news is that PAD can be easily treated with our fast, minimally invasive technique.

Do You Have PAD?

- ☑ Pain, achiness, fatigue or burning in the muscles of your feet, calves or thighs, especially during walking or exercise
- ☑ Increased pain when walking uphill, walking faster or for longer distances
- ☑ Pain subsides after several minutes of rest
- ☑ Pain level increasing with less exercise
- ☑ Numbness in legs and feet while at rest
- ☑ Paleness or discoloration
- ☑ Legs are cool to the touch
- ☑ Severe constant pain even at rest, presence of non-healing ulcers and risk of losing affected leg

USA VASCULAR CENTERS

718-690-3048

260 W Sunrise Hwy, Ste 102 • Valley Stream, NY 11581
2444 86th St, Ste A • Bensonhurst, NY 11214

www.USAVascularCenters.com

NEW MEMBER
REWARDS
JOIN TODAY!
GET UP TO $100 IN FREE PLAY
See Genting Rewards for details and to sign-up.
Resorts World CASINO NEW YORK CITY
Over 5,000 Games. Minutes Away!
110-00 Rockaway Blvd. Jamaica, NY 11420
rwnewyork.com • 1-888-888-8801
In Queens Near JFK Airport.
MUST BE 18 YEARS OF AGE OR OLDER TO PLAY THE NEW YORK LOTTERY GAMES. PLEASE PLAY RESPONSIBLY. 24-HOUR PROBLEM GAMING HOTLINE: 1-877-8-HOPENY (846-7369).

Beach bag essentials

Before you hit the sand, here's what to toss in your tote for a comfortable, burn-free, photo-ready beach day. **MONICA WEYMOUTH**

Products

1 Fresh Sugar Lip Treatment
Don't forget your pout! This hydrating sugar treatment provides SPF 15 protection while plumping, repairing and nourishing. **$22.50, Sephora.com**

2 Solio BOLT Battery Pack and Solar Charger
Charge all of your USB-powered gadgets — iPhone, Kindle, GoPro, basically anything in your beach bag — using solar energy. You're welcome. **$70, Store.solio.com**

3 Brush On Block
This mineral-based, all-natural sunblock offers broad-spectrum SPF 30 coverage. The best part? You can apply it right over your makeup without adding a greasy, smeary layer. **$30, Brushonblock.com**

4 Bluetooth Splash Speaker
Compatible with the iPhone, Galaxy and most tablets, the water-resistant Bluetooth Splash Speaker provides up to four hours of music per charge. **$70, Uncommongoods.com**

5 Not Your Mother's Texturizing Sea Salt Spray
In theory, the ocean provides your sea salt spray. In practice, you need to apply a little product once you get out of the water, or you'll be mistaken for Medusa. This budget-friendly spritz tames tresses while adding texture. **$6.19, Ulta.com**

6 Well-Kept Screen Cleansing Towelettes
Sunblock and smartphones are a match made on the beaches of hell. Cue Well-Kept's handy towelettes, which are designed specifically to clean and degrease screens. **$6 per pack, Staywellkept.com**

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com
Specializing in
Problem Skin
Licensed Professionals
First Time Clients Only
Free consultations
Treat yourself to the gift of beautiful skin; We offer results, not promises!
"Body Massage + Facial $99 • Eyebrow / Eyeliner Tinting $25 • Ear Candeling $50"
Diamond Microdermabrasion Only $50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.
Botinal Wrinkle Treatment Reg $160 $125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.
Acne Treatment w/Glycolic Acid Peel Only $45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.
Back/Chest Deep Pore Cleansing $75/$35
Deep Cleansing Facial Reg $75 $40
Deep cleans and refreshes all skin types.
Brightening Peel Reg $125 $75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.
Body Slimming Wrap or Salt Glow Special $50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.
Back/Chest Glycolic Peel Only $55/$30
247 E. 50th St. 2 Fl NYC • Trains: E M 6 to Lexington Ave., 51st-53rd Street 4 5 6 7 and S to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

metro.us/truthfacts

THE TIMES YOU ARE GIVEN FRIENDLY ADVICE TO BACKUP YOUR COMPUTER
When your computer has just broken down
Some other random time

BY WULFF & MORGENTHALER

metro.us/horoscopes

Aries Concentrate on the projects that mean the most to you and best showcase your talents. New friendships will lead to activities.

Taurus You will face health problems if you don't focus on moderation. Resist the urge to try a medication just because a friend recommends it.

Gemini Changes in your personal life are apparent. It may be time to sever a relationship if you are being restricted or have too many demands.

Cancer Upcoming career changes look good. A position that appeals to your creative nature will turn out to be quite fulfilling.

Leo Your charm and unique talent will wow the crowd. No matter what competition you come up against, you will be a strong contender.

Virgo You should avoid borrowing or lending money. Play it safe. Don't wait for others to do things first. Work diligently on your own.

Libra You can cultivate new friendships, but mixing business with pleasure will create problems. You will get positive results by listening.

Scorpio Getting into shape will boost your confidence. Make a focused effort to improve your health through diet and exercise.

Sagittarius If you act rationally, it will help to solve a problem. You will not have a realistic view of the situation if you don't get the facts.

Capricorn Not everyone will agree with your plans, but once the final results are in, it will be obvious that your thinking was right on target.

Aquarius Greater involvement in your community will lead to an opportunity. You will be able to accomplish a great deal with your unique style.

Pisces Don't trust everyone you work with. You will end up being blamed for something you had no part in. Be honest but diplomatic. **EUGENIA LAST**

metro.us /games

metro.us/sudoku

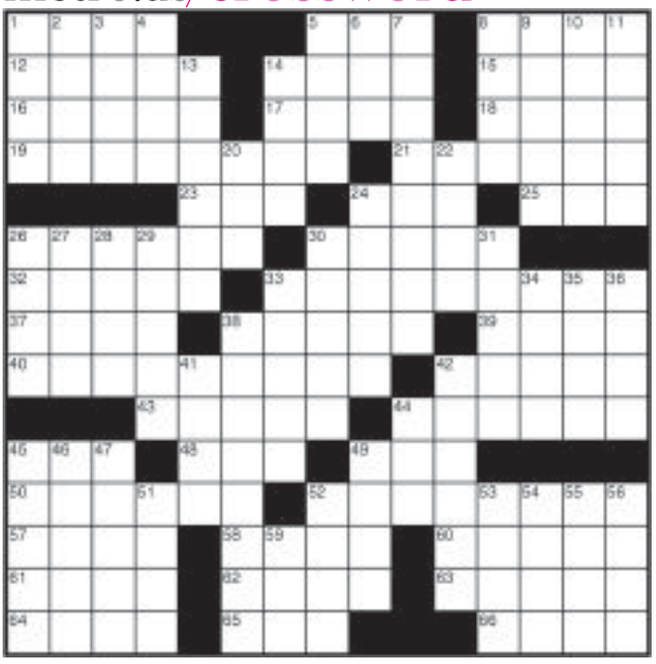
easy

		1		7		4		3
			8					
3	9			6		8	1	
8		7		5		6		
		5				7		
		3		1		2		9
	3	6		9			7	8
					7			
2		8		4		1		

hard

		3	5					1
9			8	3			2	7
		8		6			9	
					4	7	1	
	1			5			4	
	4	2	1					
	9			7		2		
4	3			1	8			6
8					5	1		

metro.us/crossword



Across

1 Wade's teammate
5 Orange pekoe
8 — -eyed
12 Delicate fabrics
14 Pull down
15 Excuse me!
16 Windy City airport
17 Narrow valley
18 Country-club fees
19 Reach an agreement (3 wds.)
21 Lily maid of Astolat
23 Say more
24 Opposite of post-
25 Tax-form ID
26 Beauty parlors
30 Dispense with
32 Alternate name
33 Jonquil
37 Feel like
38 Prove false
39 Enameled metal
40 The dark enchants them (2 wds.)
42 Redhead's tint
43 All — Day (Nov. 2)
44 Rubicon crosser
45 Go-aheads
48 Kind of humor
49 1040 org.
50 Brunette to blonde switch (2 wds.)
52 Squirms
57 Old ruler of Venice
58 Safety agcy.
60 Take, as a course
61 Footnote abbr. (2 wds.)
62 Refusals
63 Bete —
64 Cinnamon goody
65 Underhanded
66 Oil barrel

Down

1 Cartel
2 Molokai neighbor
3 A word to kitty
4 Juno, in Athens
5 Statuesque
6 Before, in verse
7 Vampire writer (2 wds.)
8 Float ingredient
9 "Satchmo" Armstrong
10 Unwraps
11 Ruhr Valley city
13 Family cars
14 Hoople's word
20 MS readers
22 Name in jeans
24 European capital
26 Cut, as logs
27 Jai —
28 Ding-a- —
29 Vows
30 Barriers
31 Helena rival
33 "Gunsmoke" deputy O'Brien
34 All boys
35 Arm bone
36 Char a steak
38 Kentucky whiskeys
41 Commotion (hyph.)
42 Expedite
44 Dernier --
45 More weird
46 Temple city of Japan
47 George of "Blume in Love"
49 — — only kidding!
51 Thicken
52 People in general
53 Clump of dirt
54 Next in line
55 Pantyhose shade
56 Flower holder
59 Sun, in Baja

For answers, go to metro.us/crossword-answers

metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **National News Editor** Morgan Rousseau, morgan.rousseau@metro.us • **Web Editor** Andrea Park, andrea.park@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Careers/Education/Dating Editor** Raquel Laneri, raquel.laneri@metro.us • **National Sports Editor** Matt Burke, matt.burke@metro.us • **Social Media Manager** Lakshmi Gandhi, lakshmi.gandhi@metro.us

Certified Audit CAC of Circulations

/hip-hop cop

2015 Jamar Nicholas | @detectiveboogaloo | @jamarnicholas

LEXINGTON MEDI-SLIM
LESS RESOLUTIONS MORE RESULTS
LOSE UP TO 12 LBS IN 2 WEEKS
(866) 939-8829
113 E. 39th St., New York, NY 10016
@lexingtonmedislim
LEXINGTONMEDISLIM.COM

LEXINGTON PLASTIC SURGEONS
THE YEAR OF THE
BOOTY
• Brazilian Butt Lift • Keloid Removal • Breast Augmentation • Nose Surgery
• Mommy Makeover • CoolSculpting • Tummy Tuck and more ...
888-571-9178
@lpsurgeons
#LPSBRAZILIANLIFT
LEXINGTONPLASTICSURGEONS.COM

Parents are paying more money to send kids to college

jobs & education

And students are taking on more debt.

A new study by student lender Sallie Mae found the average amount spent on college education in the United States jumped for the first time in five years.

Families spent an average of $24,164 for 2014-15, a 16 percent increase from the previous year, according to "How America Pays for College 2015," a survey of 800 parents and 800 undergraduates conducted by Ipsos Public Affairs for Sallie Mae in April.

Much of the increase was due to families with incomes over $100,000, who spent 25 percent more.

Parental income and savings also increased to 32 percent of the amount spent, exceeding the amount contributed by scholarships and grants for the first time since 2010, the report found.

Parents were less worried about losing their jobs or about their children not finding work after college, said Michael Gross, head of the higher education practice at Ipsos.

"There is a much brighter sense of optimism that the money they spend educating their child is really an investment that's going to pay off," Gross said.

College spending peaked in 2010 at $26,271 in inflation-adjusted dollars before dropping as families worried about the economy, rising debt loads and higher unemployment.

This year, fewer families reported making cost-saving moves such as choosing a closer school to reduce transportation costs, having a student live at home or adding a roommate.

The percentage of families who reported borrowing money to pay for college rose to 38 percent from 35 percent last year. That figure peaked at 46 percent in 2010.

Education debt is primarily the student's responsibility: Undergraduates signed the loans in 83 percent of families. Within the families who borrowed, students were the primary signer for three-quarters of the total debt.

Although not all families borrow in a given year, most college students graduate with debt. Seventy-one percent of bachelor's degree recipients graduated with loans, with an average balance of $35,000, he said. **Reuters**

Mo' Schooling Mo' Problems

For many, the spending — and borrowing — won't stop at a two- or four-year degree. About half of all college students , or about 67 percent of all college seniors, plan on attending graduate school.

"The undergraduate degree has become so ubiquitous, so it may just be that graduate school is the new college," Gross said.

ASAP
ACCELERATED STUDY IN ASSOCIATE PROGRAMS
PURSUE YOUR ASSOCIATE DEGREE AT CUNY.
Then join ASAP to receive the extra financial, academic, and personal supports to ensure that you **stay on track** and **graduate on time**. We've helped thousands of CUNY students in most majors succeed. Why not let us help you?
Apply today.
www.cuny.edu/asap
"Entering college, I felt pretty overwhelmed. At times, it seemed as if I was being taught to swim while drowning, but my advisor did her best to keep me afloat."
CUNY The City University of New York
WE'VE GOT YOUR BACK. AND YOUR BOOKS. AND YOUR METROCARD.

NEW LOCATION!
BROOKFIELD PLACE
APRIL 2015

START YOUR
CULINARY CAREER at ICE

6-12 MONTH AWARD-WINNING
DIPLOMA PROGRAMS IN:

- Culinary Arts
- Culinary Management
- Pastry & Baking
- Hospitality Management

Externships & Job Placement • Full & Part-Time Schedules

See ICE in action at youtube.com/iceculinary

ICE
Institute of
Culinary Education
EST. 1975

ice.edu/METRO
(888) 693-CHEF
Find your culinary voice™

Citarella
THE ULTIMATE GOURMET MARKET

NYC OPEN HOUSE

Full Time & Part Time
Tuesday, July 28th, 2015

Exciting career opportunities in the food world!

Competitive wages & benefits;paid time-off, health and life insurance, 401k and employee discounts.

Store & Sales Associates:
Meat, Fish, Pastry, Prepared Foods, Deli, Bread, Produce, Cheese, Demo Associate, Cashier & Packing

Kitchen & Warehouse:
Experienced Production Cooks, Catering Cooks, Prep Cooks, Butchers, Dept. Associates & Porters

Retail Management:
Department Managers, Assistant Store Managers, Store Managers, and Store Supervisors

Stop in and Apply at Hotel Beacon
2130 Broadway, NYC
10am to 5pm.
Email:jobs@citarella.com
www.citarella.com

100 YEARS OF CULINARY HISTORY • EST. 1912 •

Join Our Growing Family!
Equal Opportunity Employer
212-874-0383 631-283-6600

A former dancer proves it's never too late to go to school

How Jeffrey Golladay left a 20-year ballet career to get his undergrad degree.

RAQUEL LANERI
RaquelLaneri
raquel.laneri@metro.us

Jeffrey Golladay wasn't your typical college student — and not just because he was 30 years old and married by the time he enrolled as a freshman at NYU.

He also had a nearly 20-year career as a professional dancer, performing with some of the most renowned companies in the word, including New York's American Ballet Theatre (ABT), where he had spent a decade in the corps.

But a bad shoulder injury during a performance in 2011 had Golladay reconsidering his future.

"I finished the season, but I needed to get surgery that summer, and it was going to be at least nine months of recovery before I could go back onstage," he says. "I had taken some college classes through a program at ABT, so I thought maybe I could use that time while I was doing physical therapy to really go to school and see if I could hack it in a university setting. It was daunting, but after that first semester, I never looked back."

Now, he's just graduated magna cum laude from NYU's School of Professional Studies with a B.A. in social sciences — and an internship at the Council on Foreign Relations and training at the United Nations under his belt. Come September, he'll be starting his master's studies in international affairs at the Paul H. Nitze School of Advanced International Studies at Johns Hopkins University.

Golladay talked with us about the most important things he learned about making the leap from ballet to books.

Whatever you're doing now is preparing you for your transition

Though Golladay stopped going to school at 15, he found that his classical training prepared him for college life in unexpected ways.

"A lot of dancers have what it takes to survive in academia," he says, recalling the grueling hours spent at the barre. "I really believe all the sacrifice and determination is there."

Plus, all the travel he did while with ABT and the San Francisco Ballet before that certainly helped pave the way to a career in international relations.

"It's all about thinking about the skills you've already acquired and rewiring them or using them in a different way," he says.

Just do it

Golladay says you will just know if and when it's the time to take a leap and leave your job to go to school. "And then you just gotta dive right in," he says. "It was a little scary — I can't say I was completely confident about my decision to leave ballet. But I remember my last show in New York. I was very relaxed — it felt like going home; it felt right."

Golladay PROVIDED

Plan your budget and stick to it

One of the good things about waiting to go to school? You've been earning money while your peers have been accruing debt.

Still, college is expensive. "The biggest thing is to make a plan and a budget and stick to it," says Golladay. "I've done some investing, and once you get into a stock or an asset, you want to start planning when to get out. It's

Believe it or not, those hours at the barre are preparing you for your next career move. ISTOCK

the same when you're thinking of transitioning out of one career and into another: I needed a plan and a budget to make sure I had enough money to pay for school."

Ask for help

Golladay had an important person in his life who had also left a career in dance to go to school: his wife. "We had danced together in San Francisco. … Hearing her experiences really helped me understand what I was feeling about my own career and really gave me the confidence to transition into a new life."

BRAMSON ORT COLLEGE www.bramsonort.edu EOE / AA

- Medical Assistant
- Paralegal
- Renewable Energy
- Computer Technology
- Electronics Technology
- Game & Graphic Design
- Business Management

and many more!

OPEN HOUSE

Wednesday, July 29th & Sunday, August 2nd

✔ Job Placement Assistance ✔ Flexible Schedules
✔ Degrees and Certificates ✔ ESL

Queens Campus
69-30 Austin Street, Forest Hills

Brooklyn Extension Center
8109 Bay Parkway, Brooklyn

CALL TODAY! (866)-644-2925

THE BRAMSON ORT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

Start Your New Career Here!

Now in our 75th year, NYCI has helped thousands of men and women launch successful careers.

- Court Reporting/Closed Captioning
- Paralegal
- Healthcare Management
- Medical Billing and Coding

OPEN HOUSE
Wednesday, July 29th 11am-7pm
Saturday, August 8th 11am-1pm

NYCI established 1941 NEW YORK CAREER INSTITUTE
The College of Legal & Medical Professions

- Day, Evening & Sat. Classes
- Degree & Certificate Programs
- Transfer Credits Accepted
- VA Approved

For Disclosure Information, view Program Details @ nyci.edu

Call 212•962•0002 | www.nyci.edu
11 Park Place, NYC Located near City Hall and convenient to reach by: 1 2 3 4 5 6 A C E J Z R

MEOC THE STATE UNIVERSITY OF NEW YORK
Manhattan Educational Opportunity Center

APPLY NOW
for our
FREE PROGRAMS
GET a HEAD START
for FALL 2015!

Information Session: Wednesday, July 29. 11AM or 6 PM

High School Equivalency • College Preparation • English as a Second Language
Certified Nursing Assistant • Electronic Health Records • Home Health Aide
Certified Microsoft® Office • Civil Service Exam Prep • Security Officer Training

163 West 125th Street, 15th Floor
New York, NY 10027

meoc.bmcc.cuny.edu | 212.961.4400
admissions@man.eoc.cuny.edu

Administered by Borough of Manhattan Community College/CUNY

How men can help women fight gender inequality

It doesn't hurt for male colleagues to step in and help.

ASIA EWART
metronewyork
letters@metro.us

The number of board seats held by women in S&P 1500 companies has only increased 5 percent in 10 years. ISTOCK

Men: 2015 is the year you help women advance in the workplace.

Despite a steady — but slow — increase in the number of females in high-ranking board positions, women in the working world are not advancing nearly as quickly as their male counterparts. According to professional services firm Ernst & Young's latest board committees report, the number of board seats held by women in S&P 1500 companies has only increased 5 percent in the last 10 years. It's proof that the metaphorical glass ceiling still exists, hindering women from being equally represented and heard in the workplace.

Guys, however, can help. "It's important for men [to get involved] because they control more of the influence and the power," says Hattie Hill, president and CEO of the Women's Foodservice Forum, which focuses on the leadership of women in companies like Kraft and Kellogg. "So when men say, 'We're going to do this,' things start to move."

Hill sat down with us to explain four key ways men can help women break the glass ceiling.

Pay attention

For starters, men can increase their overall awareness by paying attention to workplace practices. "You have to know that [sexism] exists," she says. Take note of the types of work female colleagues are assigned and why.

Give female employees more responsibilities and tougher tasks

Men in more powerful and senior positions should take advantage of their clout to give more responsibilities and challenges to female staffers. An act as small as giving a female employee two or three extra things to do or switching up some of her tasks can get the ball rolling, says Hill. For example, if you notice a woman constantly taking meeting notes, delegate that task to someone else and give her another responsibility or challenge.

Shut down mansplaining

"If you're in a board meeting, and a woman says something, and then a man comes back and says the same thing, you can speak up and say, 'You know, Mary just said that. Thank you, Mary, for that comment,'" Hill says. "It's changing the communication to be more effective."

Ask questions

Engage the women around you. "Ask them, in terms of your industry or your organization, 'What do you think we need to change?'" Hill says. Women in your workplace know the workings of the company and the politics of the work environment; they just haven't been asked about them yet.

Receive personal attention from a Board Certified Podiatrist*
212-750-8344
BEFORE
AFTER
Warts • Heel Spurs • Fungus Nail • Ingrown Toenails
Nerve Pain • Cysts • Custom Inserts • Ulcers
Precision Footcare:
DR. JOHN JURCISIN
Most Insurance Plans Accepted

CENTERS PLAN
Career Fair in Health Related Fields
Wednesday July 29, 2015 4-7pm
Hostos Community College
D Building / Savoy Manor Building
120 E 149th St, Bronx, NY 10451
POSITIONS AVAILABLE FOR IMMEDIATE HIRE!
• RN Care Managers
• RN Intake
• Social Workers
(Spanish, Mandarin, Cantonese & Korean)
Education & Experience Needed:
• Active and unrestricted NYS RN license
• Strong written and verbal communication skills
• MSW required for Social Workers
Competitive Compensation and Excellent Benefits!
Take either the 2 4 or 5
train to 149 St - Grand Concourse

Lauran Ziegler has become a star with the Atlanta Steam in the Legends Football League. / LEGENDS FOOTBALL LEAGUE

Girls of the gridiron

Football. The Legends Football League is gaining in popularity, but there's plenty of backlash.

LFL players show plenty of leg on gameday. / LEGENDS FOOTBALL LEAGUE

Football has long been called a "collision sport."

When two tornadoes of sweaty breasts, plastic helmets, shoulder pads, tanned legs and exposed midriffs slam into one another each week on the Fuse network, it makes for one hell of a spectacle. But that spectacle isn't enjoyed by all. In fact, the Legends Football League is downright offensive to some.

The LFL, formerly the Lingerie Football League, was rebranded in 2013 in order to make it a more viable product to a general audience. Still, concerns that the league is demeaning toward women and concerns that the women who play in the LFL are put in an unsafe environment remain.

"We wanted more of the media and fan attention to be directed toward the athleticism of the players and the overall integrity of the sport versus simply its sex appeal," LFL owner Mitchell Mortaza told Metro about the rebrand. "Most media outlets or individuals that complain about the LFL uniforms or the outward perception of the sport have spent very little, if any, time actually exploring the sport. Meaning taking time to either attend a game or watch on television. Most, if not all, have never met an LFL athlete. Those media outlets and individuals who have seen the sport understand how real it is and why these women are truly incredible athletes. The uniforms are meant to draw initial interest from media and fans, but it's the play on the field that has grown the sport over the years."

Too much skin?

Lauran Ziegler is a wide receiver and free safety for the Atlanta Steam. The former college softball player wanted to stay in competitive sports and has become one of the faces of the LFL as the league continues to gain popularity through its national TV deal.

"The talent level has 100 percent improved since when I started in the league [in 2011]," Ziegler told Metro. "We're real athletes that just happen to wear a lot less clothing than the majority of sports. We wear just as much clothing as beach volleyball players, just as much as swimmers. But if you tune in, you'll see some real athletes playing the sport of football. That's what we're about."

Ziegler and the LFL maintain that the skimpy outfits are worn during play simply to draw initial attention to the sport. After the viewer is drawn in, the LFL then says there's instant appreciation for the way the players go about playing the game.

"We know what we're signing up for when we start in the league. Unfortunately, we have to sell tickets to get people to the game," Ziegler said. "After the game, no one ever says anything about the uniform. It's always, 'Oh man, I can't believe how hard you guys hit.'

"We know that a lot of [our audience], when they first hear about it or see it, it's 'Yeah, I want to see hot chicks in bathing suits,'" Ziegler added. "But then they keep watching the game and then they appreciate the athleticism."

MATT BURKE
@Burke_Metro
sports@metro.us

3 SPORTS

MLB

Mets walk off with win

A day after blasting the Dodgers 15-2, the Mets needed 10 innings to dispose of L.A. as newly acquired third baseman Juan Uribe plated Curtis Grandson to break a 2-2 tie Sunday at Citi Field. Uribe's walk-off RBI single to deep left center in extra innings pulled the Mets (51-48) to within one game of the division-leading Nationals (52-45). The Mets will stay in Queens this week as they'll host the Padres for three games beginning Tuesday. The Nationals arrive in New York Friday.

Visit **Metro.us** to see Marc Malusis' take on the resurgence of Alex Rodriguez.

Defensive end and linebacker La Chelle Foreman during a media day photo shoot for the Las Vegas Sin last year. / GETTY IMAGES

LFL gets its fair share of criticism

Football. Specialists speak out against the Legends Football League.

Dr. Mary Jo Kane is a professor in the School of Kinesiology at the University of Minnesota and is the director of the Tucker Center for Research on Girls & Women in Sport. Kane doesn't yet buy that the LFL has evolved into a legitimate pro sports league since it debuted in 2004.

"They've been saying similar things for a decade. Why are they still struggling to get legitimacy?" Kane told Metro. "When you say you are a pro sports league and the focus is on lingerie, you take away from the game. You're sexualizing female athletes and then pretending that it's something different. This isn't a criticism of the individual women who play and may want to use this as a stepping stone to something else. But should we take this seriously as a pro sports enterprise? No."

Kane stopped short of saying the league flat-out "exploits women." But she does have a problem with the way the LFL says it "re-branded" itself two years ago.

"Using a word like 'Legends' implies that it's athletes who have already accomplished greatness in their sport, like the 'Legends Tour' in golf," Kane said. "Football is a game of force, and how do those uniforms allow you to accomplish the task [of tackling]? If this is how they want to sell and promote the league, that's fine. Just don't insult our intelligence by pretending this is a serious sports enterprise."

LFL notes

A look at the Legends Football League:

- The league held its first event, The Lingerie Bowl," at halftime of Super Bowl XXXVIII in 2004 — the same Super Bowl halftime in which Janet Jackson's breast was shown live during a "wardrobe malfunction."
- There are currently six teams in the LFL: the Chicago Bliss, the Atlanta Steam, the Omaha Heart, the Seattle Mist, the Los Angeles Temptation and the Las Vegas Sin. The league hopes to add two teams in 2016. They are looking at the Bay Area, Dallas, Washington, D.C., and Boston as potential landing spots for teams.

That hurts

LFL players wear a version of an ice hockey helmet, with a clear visor, instead of a traditional hard-shell football helmet with a face mask. Is recent years, with several former NFL players taking their own lives as a result of chronic traumatic encephalopathy (CTE) and with concussions in football remaining a hot button issue, there is a train of thought out there that the NFL would be better off going back to leather helmets, or not wearing a helmet at all. Those in favor of this believe that this would cut down on spearing and would ensure that players tackle other players properly.

"That's absurd," said Dr. Robert Cantu, the senior adviser to the NFL's head, neck and spine committee and the chairman of the advisory board at the Sports Legacy Institute. "The trade-off [of going to leather helmets or no helmets] would be skull fractures and deaths."

Cantu does not believe that the glorified hockey helmets that the women in the LFL wear are safe, either.

"Hockey helmets just don't give you the same protection [as football helmets]," Cantu told Metro. "I have no idea why they are not wearing football helmets. So I'm very concerned."

Atlanta receiver and safety Lauran Ziegler says that she has never had a concussion in a game and that there is a heavy emphasis on the correct way to tackle. Rug burns from being tackled on the turf are Ziegler's main worry when she plays.

"The last game my whole butt was ripped up from the turf. I could barely sit down," Ziegler said. "But this only happens in the games. We practice on grass and in the games you have so much adrenaline going that you don't even notice it. You only notice it the next day when you take a shower."

The league clearly wants to showcase the faces of its players with the clear visors in hopes of making stars. But again, there is a fine line being walked between what is sexy, what is sport, what is sexist and what is safe.

"I think the data is clear that there's a problem in football with head injuries, but at the same time, the men who play football are all over the age of consent and they know the risks," Kane said.

"I don't want to dismiss the seriousness of the [helmet] issue, because I haven't watched a game and I'm not that kind of doctor. But why aren't they wearing football helmets? Is it just because it's easier to see your face and focus on what you look like?"

MATT BURKE
@Burke_Metro
sports@metro.us

SUMMER SPECIAL

$595* Implant

*Must be completed at our office to qualify for promotional fees

Complete tooth replacement with post and crown $1295*

OFFER EXPIRES Aug 31, 2015

*All work must be completed at Right Choice Dental Implant Center to qualify for promotional fee of $1295 for Complete Tooth Replacement. Limit 3 implants per patient. Full payment due upon commencement of treatment.

Right Choice Dental Implant Center

Manhattan Location
50 Broadway Suite 2001
New York, NY 10004

2 Convenient Locations

Speak with your Smile Today!

Long Island Location
601 Franklin Ave Suite 100
Garden City, NY 11530

FREE CONSULTATION
REPLACE MISSING TEETH PERMANENTLY

Must bring this ad on your first visit.

646-791-8075

CALL www.Rightchoicedentalimplantcenter.com TODAY!

Se Habla Español

Mention you saw us in Metro Newspaper

Bankruptcy Attorney

Considering filing bankruptcy and looking for a bankruptcy attorney who cares? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation

Bankruptcy with a personal touch

LEGAL SERVICES

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

metro CLASSIFIEDS

To place an ad call 866-900-9473 or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

INJURED?

- ✓ Slip and Fall
- ✓ Nursing Home abuse
- ✓ Accidents
- ✓ Dog Bites
- ✓ Product Liability

Call Now: 212-393-9130

FREE CONSULTATION • NO WIN NO FEE

www.Fight4Injury.com

Feiner & Lavy, P.C. Attorneys at Law

325 Broadway, NY NY 10007

Attorney advertisement

Español العربية עברית

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

ABSOLUTE DIVORCE

Hablamos Español

80 Broad St., 5th Floor, NY, NY 10004

917-470-9661 | 212-504-2985

www.absolutedivorceinc.com

STARTING AT $249 + court fees

Must bring in ad

FIRED?

212-286-1425

OWED OVERTIME?

LAW OFFICE OF WILLIAM C. RAND

488 Madison Ave., Suite 1100, New York, N.Y. 10022

DIVORCE $299

1-800-414-0333

TheDivorceCenter.com

Spouse's Signature Not Needed

Don't Be Fooled By Imposters

Plus Court Fee - Without Children - With This Ad

EXPIRES 7/31/2015

Healthy Volunteers Needed

Persons depicted are models being used for illustration purposes only

Join our database and contribute to Medical Research with Biotrial!

Healthy volunteers provide researchers with important information for comparison with people who have specific illnesses. People with no known significant health problems are often given the same tests, procedures, or study drugs as patient volunteers so that researchers can compare results and make new discoveries.

- Most trials conducted at Biotrial offer free study-related medical exams and study medication.
- You may qualify to receive financial compensation for participation

Are you at least 18 years old?

Need more info? Call recruitment at 201-273-2055 or 973-972-6385

No Time to talk? Email recruitment@biotrial.com

- Biotrial is located at 130 Norfolk Street Newark, NJ with easy access to NJ Transit Norfolk Street light rail station.
- Our Clinical Unit is only 6 minutes from Newark Penn Station and approximately 30 minutes from NY Penn station.

BIOTRIAL

metro CLASSIFIEDS

To place an ad call 866-900-9473 or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

DISPUTE ABOUT YOUR LAWYER'S FEES?

Let me help you.

Martin L. Feinberg, Esq.

365 South End Avenue, NY, NY 10280

212-912-0636

Free Initial Consultation

SPA & MASSAGE

To advertise with Metro, email peter.blankenstein@metro.us

DO YOU HAVE SEVERE FATIGUE WITH NO MEDICAL EXPLANATION?

If so, you may be eligible to participate in a research study being conducted at Weill Cornell Medical College & Mount Sinai Beth Israel. The cause of chronic fatigue syndrome (CFS) is unknown and the researchers are working to show that some patients have their illness due to brain dysfunction.

We are looking for:

- Men & Women 21 to 65 years old
- Your doctor can find no cause for your severe fatigue

STUDY PARTICIPATION INCLUDES:

A visit to Mount Sinai Beth Israel's research center for the following:

- Questionnaire about your physical and mental health
- Medical examination to determine if you have CFS and can participate in our studies

A visit to Weill Cornell Medical College for the following:

- Magnetic brain imaging (MRI) • Blood draw
- Urine test • Spinal tap (optional)

Compensation for your time

FOR MORE INFORMATION ABOUT THE STUDY PLEASE CONTACT:

Ms. Xiangling Mao | Weill Cornell Medical College

Phone: **(212) 746-2632** • E-mail: xim2004@med.cornell.edu

WCMC IRB# 1207012642 Approved from 5/1/2015 to 9/22/2015

MSBI IRB# 143-12 Approved from 5/22/2015 to 7/20/2015

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

CAREER TRAINING

HHA/CNA Training NYSED
Slow learner? Long time out of school? Placement Assistance. Job Placement Assistance
$14.00/per hr
Call #718.349.8003

PSYCHICS

Mr. SAIDOU International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed. Call 516-206-8543 and 646-339-9948

Career Training

Access Careers, Brooklyn
Are You HHA? Upgrade to CNA/PCT!!!

* Medical Assistant
* Nurse Aide (CNA)
* EKG & Phlebotomy
* Patient Care Tech
* Physical Therapy Aide
* Pharmacy Tech
* Cosmetology.....New Program
* Esthetics.....New Program

Call Now: 866-487-5432
www.AccessCareers.Edu
25 Elm Place,# 201, Brooklyn, NY 11201

* Licensed by NYSED
* Onsite State & National Examination
* Short, Fast Track Morning, Evening & Weekend Classes
* Easy weekly Payment Plans

ACCESS INSTITUTE

JOBS
We Train & Place!
New Media Production (Audio & Video)
PCT• HHA• Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

Mandl School
The College of Allied Health

Earn your **Associates Degree** *not just a certificate*

- Medical Assistant
- Surgical Technologist
- Respiratory Therapist
- Health & Human Services
  Alcohol & Substance Abuse Counselor
- Healthcare Administration
  Medical Coders & Billers
- Dental Assistant
  (certificate)

CALL TODAY!
Financial Aid Available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown Location
VITAL CAREERS START HERE!
Call Today: **855-626-3504**
254 West 54th Street | www.mandl.edu
For disclosure Information visit:
http://mandl.edu/gainful-employment/
*Financial Aid available if qualified. Earn college credits

Spiritual Healer and Psychic
Mr SHAMAN
Are you suffering for love? are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you?
Guaranteed Results
CLIENT TESTIMONIALS:
1-i was getting crazy with a woman much younger than me but she didn't like me , i decided to see Mr . Shaman and than she came to me Thanks a lot God bless you.
2- i had a boyfriend much younger than me and he took all my money , he ruined my life but thank to Mr. Shaman i got over and i got my money back and i made him pay for what he did to me.
CALL NOW (347) 4745886
I HELP WITH
Luck and money problems clean black magic spells get protection from enemies Court and legal problems
REMOVE EVIL SPELLS
from homes, business or persons
All Religions are Welcome

AFRICAN ADVISOR & SPIRITUALIST
MR SHEIKH SALEEM, 6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR, SEVEN DAY RESULTS
Love specialist, Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, impotency/infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

SERIGNE
917-679-1518 or 646-590-9495
Spiritual Reader & Coach Bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, Job,success in business,court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. FAST RESULTS SpiritualRestore.com

WORLD RENOWNED SPIRITUALIST ASTROLOGER
PANDIT: **KUMAR**
All Nationalities Welcome
Are you suffering in silence? Feel like nobody knows your pain or sorrows? I'll remove & destroy all bad luck, witchcraft, obeau, jaboo, voodoo, black magic & protect you from evil.
PH: 347-740-2798
104-21 115th St, Richmond Hill

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

Psychics

Astrologer & Psychic
PANDIT: SURYA PRAKASH

PRIVATE & CONFIDENTIAL
FREE READING ON MONDAYS
Are you Disappointed Meeting other Astrologers & Not Getting Solutions ? Then Meet me once
Solutions & Advises
* Marriage Problem * Business
* Spiritual Problem * Money
* Sexual Problem * Family
* House Problem * Love
* Husband-Wife * Enemy
* Loved ones * Jealousy
Removal of Black Magic, Obeya,Vodoo Evil spirits forever, Have a Peaceful Life
973-960-8765
103-02 Lefferts Blvd South Richmond Hill NY 11419 (Inside Private House)

ASTROLOGER PSYCHIC & SPIRITUAL HEALER
PANDIT: GOVINDA SWAMY

EVERY PROBLEM HAS A SOLUTION
PANDIT IS AN EXPERT IN REMOVING BLACK MAGIC, SPELL, EVIL SPIRITS, JAADOO, VOODOO, OBEAH, CURSE, EVIL EYE, POWER, BUTU, SICKNESS, FAMILY PROBLEMS, JOB, MONEY, COURT CASE, DEPRESSION, LOTTERY, BAD HABITS, CHILDREN PROBLEMS.
EXPERT IN BRINGING LOVED ONES BACK.
FREE READING ON MONDAYS
100% RESULTS WITHIN 9 DAYS
718-530-8905
107-30, 121 Street, Richmond Hill NY 11419 (Private House)

INDIAN ASTROLOGER & HEALER

Pandit : KRISHNA
Specialist in Removing Black Magic, Generation Curses, Black hearts, Voodoo, Jadoo, Butu, Witchcraft, Obeya & Bad Luck. Provides Solutions for problems like Health, Depression, Work, Court, Jealousy, Kids, Job, Finance..etc., Results Guaranteed
51 McLaughlin St, Brooklyn, NY 11231 (Btw. Jay St. & Lawrence St.) Inside Tatou Hair Braiding. Trains: A,C,F,R,G - Buses: B25, B26, B61
646-496-3107

SERVICES

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW 877-356-0526

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1286804, for Beer & wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 12 St. Marks Place, New York, NY 10003, for on-premise consumption. Williamsburg Vegan Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1287355, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 190 192 Avenue B, New York, NY 10009, for on-premise consumption. JMR Dining LLC d/b/a Kingsley.

NOTICE IS HEREBY GIVEN Notice of Formation of S&V Wireless LLC Articles of Organization filed with Secy. Of State of NY (SSNY) on 3/25/2015. Office location: New York County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 1196 6th Ave., New York, NY 10036. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1286888, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 215-05 Northern Blvd., Bayside, NY 11361, for on-premises consumption. Sae Minsok Restaurant & Catering Inc.

NOTICE IS HEREBY GIVEN that a license, Serial #1287317, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage control law at 31 3rd Ave., Brooklyn, NY 11217. Kings County for on premise consumption. Ganso Megillah LLC Inc.

NOTICE IS HEREBY GIVEN that a license, Serial #1287300, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 3147 Broadway, New York, NY 10027. New York County, for on premise consumption. Calvino Corp.

NOTICE IS HEREBY GIVEN that a license, Serial #1287343, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 515 Atlantic Ave., Brooklyn, NY 11217. Kings County, for on premise consumption. Ganso Megillah LLC Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1286465, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in the Restaurant under the Alcoholic Beverage Control Law at 272 Prospect Park West, Brooklyn, NY 11215, for on-premises consumption. Elora 272 Inc. d/b/a Elora Spanish Mexican Restaurant

BUSINESS OPPORTUNITIES

Real estate investor seeks trainees. Make $5k-10k/per month. No exp nec. Will train. Call (803)574-2450.

JOBS

Education

HIGH SCHOOL DIPLOMA

If you're 18 or older you can complete your high school education at home right now in as few as 2 months

212-967-7010

469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)
Liberty H.S. Brattleboro, Vt.

General Help Wanted

NYC Tour Guides Wanted

PT/FT will train for NYC lic

Open House 10AM every Wednesday

2 East 42nd St NY NY
Call 212-664-0300

SIGHTSEEING BUS TICKET AGENTS

Start today! Paid daily

Choose Hours up to 30% comm

2 East 42nd Street
212-664-0300

Experienced Bus Drivers needed to operate Double Decker Buses in Manhattan with class A or B driver's license. Benefits. Paid training.
Call Jennifer at **212 664 0300** or visit 2 East 42 ST, NY NY 10017.

General Help Wanted

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr.
David (212) 563-7500

F/T EXP. Electricians needed ASAP. Great salary + ben. Call 718.437.6937 x101 or hr1@horsepowernyc.com

Entry Level Openings, Start ASAP
We value Skill Set Above Experience
WE WILL TRAIN YOU
Hourly Pay
Health Benefits
Bonus Opportunities
Student Bonus Opportunities
Call 718-210-3639 to set up an Interview

Atmack® Real Estate Sales People Wanted Lic & Unlic., $HIGH% We pay 4 your Classes: 855-286-2251 Ext.100

REAL ESTATE

Real Estate for Sale

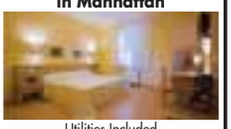
Charlotte, N.C.
3+ secluded acres, build here, Walking trails, Babbling creek, 31,900 owner fin.
704-634-5531

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $125/wk.
Call Us Now: (212)368-2685

Affordable Furnished Rooms in Manhattan



Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
$125 per week • Call **212-862-0030**

REAL ESTATE

Rooms for Rent

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-697-3598

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS - Up to $35/box! Payment Made SAME-DAY We Receive Your Strips! Call Jenni for a Quote Today! 800-413-3479 www.CashForYourTestStrips.com.

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

ENTERTAINMENT

Try It FREE!!!
New York's Hottest Chat Line
Meet Real Local Singles in Your Area
646-507-5155
Gay/Bi Curious Chat!
646-507-5151
Reg. LD rates apply 18+

America's Premier Psychics
Live Psychic Reading
877-998-FATE (3283)
Entertainment only 18+

Erotic Zone!!!
Meet Sexy Singles in Your area!
100's of Singles on line now!
CALL NOW!
800-838-2561
HOT LIVE SEXY GIRL'S
800-963-4536
18+

metro CLASSIFIED DIRECTORY
To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

COOKIE'S®
THE KIDS DEPARTMENT STORE
20% off ALL SCHOOL UNIFORMS
MET20
WITH THIS COUPON ONLY. NOT TO BE COMBINED WITH ANY OTHER OFFER. VALID THROUGH 08/06/2015.
LOWEST PRICES • FULL SERVICE SHOE DEPT
HUSKY & PLUS SIZES • OPEN 7 DAYS
CookiesKids.com
510 Fulton Street 718-797-3300
982 Flatbush Avenue 718-287-2300
265 Livingston Street 718-797-3300
168-21 Jamaica Avenue 718-291-7700
91-11 Merrick Blvd 718-291-7700
1534 Westchester Avenue 718-991-9500
567 Melrose Avenue 718-585-0800